# Bella Ramsey opens up about emetophobia and its impact on her career



Bella Ramsey, known for their leading role in HBO’s acclaimed series ‘The Last Of Us,’ has emerged as a prominent figure in the entertainment industry since the show premiered last year. Alongside their rise to fame, the 21-year-old actor is navigating a complex health issue: emetophobia, a condition characterised by an intense fear of vomiting or witnessing others be sick.

In a recent candid interview with the Emetophobia-Free YouTube channel, Ramsey elaborated on the personal challenges they face due to this condition, particularly while working on film sets. "All my emetophobia stuff on set I just sort of had to deal with because I didn’t have a choice which was good," Ramsey shared. "It was definitely there. I was just like forced to handle it because you’re fighting the clock all the time and there isn’t time to let it become anything."

Ramsey admitted that their time on set was marked not only by a focus on their performance but also by anxiety regarding the environment and food. “I did have a couple of panic attacks on set as you do quietly. It was still on my mind every day, and I would be very conscious about what food I would eat on set and worried if there was a bug going around or who looked ill and who didn’t," they explained. The actor expressed particular stress when it came to prop food, needing assurances that it was prepared safely before consuming it.

The struggle with emetophobia extended beyond Ramsey's professional life. They described periods where the condition severely limited their mobility, even preventing them from leaving their home. “There was a point at which I couldn’t leave my house. I couldn’t go outside because there were times where it felt like even the air around me was like a threat," Ramsey explained. “I was just living in this world of ‘threat everywhere’, the threat of being sick."

The actor recounted specific experiences that contributed to their anxiety, including avoiding particular trains after witnessing someone become ill during a journey. "I just wouldn’t go on this train ever again," they stated. Flying for work also presented significant challenges, leading to distressing scenarios where Ramsey would board aircraft "kicking and screaming."

Anxiety UK outlines that emetophobia can greatly affect the daily lives of those who suffer from it, often leading individuals to undertake extensive measures to avoid illness, even to the point of restricting social interactions during outbreaks. The profound impact of the condition can force individuals into isolation or heighten their levels of anxiety in everyday situations.

As Bella Ramsey continues to navigate their personal challenges while maintaining a successful acting career, they are set to revisit audiences on April 13th, when ‘The Last Of Us’ season 2 is released on HBO in the US, and on April 14th on Sky in the UK.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=f4BQDbtsXS8> - This URL supports Bella Ramsey's interview about their struggles with emetophobia and how it impacted their life, including their experiences on film sets.
* <https://www.youtube.com/watch?v=y06k7DnZEvw> - This URL provides further insight into Bella Ramsey's candid discussions about living with and overcoming emetophobia, detailing specific challenges faced during their acting career.
* <https://www.emetophobia.co.uk/the-emetophobia-podcasts/bella-ramsey-on-emetophobia/> - This webpage offers additional details about Bella Ramsey's experiences with emetophobia, including how it affected their personal and professional life.
* <https://www.emetophobiafree.org> - This website is mentioned in connection with Bella Ramsey's journey to overcome emetophobia, providing resources for those suffering from the condition.
* <https://www.instagram.com/emetophobiafree/> - This social media page is part of the Emetophobia-Free community, where Bella Ramsey's efforts to raise awareness about emetophobia are shared.