# Victoria and David Beckham promote open family conversations on mental health amidst private challenges



Victoria Beckham has shared insight into how she and her husband, David Beckham, foster a supportive environment for their children to openly discuss mental health, highlighting communication as a cornerstone of their parenting approach. The former Spice Girl, 51, revealed that both she and David prioritise daily family dinners as a dedicated time to engage with their children—Romeo, 23, Cruz, 20, and Harper, 14—encouraging them to talk honestly, share experiences, and laugh together. Phones are put aside during these moments to ensure an uninterrupted, safe forum for all. This familial practice aligns with Victoria’s own history of therapy and her belief in its healthy benefits, underscoring the importance of destigmatising mental health conversations within the family home.

In recent interviews, Victoria has been candid about her lifelong struggles with an eating disorder, a topic she explored in her recent Netflix docuseries. She described the toll of public scrutiny on her body image, recalling how media attention and early criticisms shaped unhealthy behaviours aimed at controlling her appearance amid relentless pressure. The former pop star opened up about the emotional impact of such experiences, including being weighed live on television shortly after the birth of her eldest son Brooklyn in 1999, an event she now views as deeply hurtful despite its lighthearted presentation at the time. Victoria traced the roots of her body confidence issues to her teenage years at Laine Theatre school, where she faced harsh judgements about her weight and appearance, further contributing to her struggles with self-esteem and mental health.

The Beckhams’ emphasis on mental health awareness is also reflected in David Beckham’s openness about his own battles with anxiety and depression. David has shared how anxiety linked to obsessive-compulsive disorder affects him, and how simple family activities—such as playing Connect 4 with Harper—offer solace and help soothe his symptoms. Additionally, he utilises cold water immersion techniques like ice baths as a means to alleviate stress and boost mood by stimulating endorphin release. David’s experiences highlight the couple’s joint commitment to normalising mental health struggles and fostering resilience within their family.

Despite the positive environment Victoria and David aim to maintain, the family is reportedly facing challenges, particularly regarding their eldest son, Brooklyn. Sources suggest there is some estrangement between Brooklyn, who now lives in Los Angeles with his wife Nicola Peltz, and his parents, with Victoria experiencing emotional strain due to a perceived rift. The situation remains private, but it illustrates the complexities public figures face in managing family dynamics under media scrutiny. Mental health experts note that parental challenges like these can be especially difficult when compounded by high public visibility and the pressures of maintaining a united family front.

Beyond mental health, Victoria has candidly discussed learning difficulties within her family, revealing she is a self-diagnosed dyslexic. She has observed that her children are more inclined towards artistic and sporting talents—Brooklyn aspiring to photography, Romeo as a tennis player, Cruz with a love for singing, and Harper described as a tomboy. These varied passions reflect the family's supportive approach towards individual interests and talents.

Victoria’s openness about personal struggles and family values provides a nuanced picture of the Beckhams’ efforts to nurture emotional well-being amid the pressures of fame. Her willingness to discuss therapy and mental health publicly contributes to a broader conversation about the importance of communication, support, and understanding within families today.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-15180111/Victoria-Beckham-David-children-mental-health-therapy.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.arcamax.com/entertainment/entertainmenttoday/s-3881114), [[5]](https://www.femalefirst.co.uk/lifestyle/victoria-beckham-says-open-conversations-key-harmony-amid-brooklyn-nicola-feud-1431195.html)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-15180111/Victoria-Beckham-David-children-mental-health-therapy.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 3 – [[4]](https://www.hellomagazine.com/healthandbeauty/health-and-fitness/20221011153824/harper-beckham-david-beckham-anxiety-connect-four/), [[7]](https://bangpremier.com/story/8/2914421/david-beckham-has-never-had-therapy-despite-suffering-depression-so-severe-it-stopped-him-eating)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-15180111/Victoria-Beckham-David-children-mental-health-therapy.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.gbnews.com/celebrity/victoria-beckham-emotional-strain-olive-branches-brooklyn-shift)
* Paragraph 5 – [[6]](https://www.hellomagazine.com/healthandbeauty/mother-and-baby/2019031670944/victoria-beckham-reveals-struggle-family-facing/)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-15180111/Victoria-Beckham-David-children-mental-health-therapy.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.arcamax.com/entertainment/entertainmenttoday/s-3881114)

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

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-15180111/Victoria-Beckham-David-children-mental-health-therapy.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.arcamax.com/entertainment/entertainmenttoday/s-3881114> - Victoria Beckham has openly discussed her experiences with therapy, expressing that she finds it 'really healthy' and is 'happy' to have sought professional help. She believes that open communication is essential in raising her children, emphasizing the importance of talking about their day during family dinners. This approach aims to create a safe environment for honest conversations and laughter within the family.
3. <https://www.gbnews.com/celebrity/victoria-beckham-emotional-strain-olive-branches-brooklyn-shift> - Reports suggest that Victoria Beckham is experiencing emotional strain due to a perceived rift with her son, Brooklyn. Despite public displays of inclusion, Brooklyn has reportedly not responded to these gestures, leading to speculation about a family discord. Experts note that such situations can be challenging for parents, especially when public scrutiny adds pressure to familial relationships.
4. <https://www.hellomagazine.com/healthandbeauty/health-and-fitness/20221011153824/harper-beckham-david-beckham-anxiety-connect-four/> - David Beckham has been open about his struggles with anxiety, which he attributes to his battle with obsessive-compulsive disorder (OCD). He has shared that playing games like Connect 4 with his children, including Harper, helps soothe his anxiety. Beckham also practices cold water immersion, such as ice baths, to combat stress and depression, as it stimulates endorphins to improve mood.
5. <https://www.femalefirst.co.uk/lifestyle/victoria-beckham-says-open-conversations-key-harmony-amid-brooklyn-nicola-feud-1431195.html> - Victoria Beckham emphasizes the importance of open communication in her family life. She and her husband, David Beckham, make it a point to have dinner together every night without phones, encouraging honest conversations among their children. This practice aims to create a safe environment for everyone to share their experiences and feelings, fostering a culture of openness within the family.
6. <https://www.hellomagazine.com/healthandbeauty/mother-and-baby/2019031670944/victoria-beckham-reveals-struggle-family-facing/> - Victoria Beckham has candidly discussed the learning difficulties faced by her family, revealing that she is a 'self-diagnosed dyslexic.' She mentioned that all her children are more passionate about artistic or sporting pursuits, with Brooklyn aspiring to be a photographer, Romeo training to be a tennis player, Cruz loving to sing, and Harper being a 'real little tomboy.'
7. <https://bangpremier.com/story/8/2914421/david-beckham-has-never-had-therapy-despite-suffering-depression-so-severe-it-stopped-him-eating> - David Beckham has admitted to experiencing severe depression, particularly following a challenging period in his career. Despite the severity of his depression, he has never sought therapy, attributing this to his upbringing where expressing such feelings was not encouraged. Beckham has been open about his mental health struggles and has advocated for mental health awareness.