

Kristen Bell Explains There Is No Shame In Feeling Anxiety & Depression

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Kristen Bell talks Off Camera with Seth Jones about why there is no shame in feeling anxiety and depression.

If you liked this video, there's a lot more where it came from. This is a small excerpt from a much longer conversation that you can watch [right here](#).

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<http://beta.docker.celebhealth.com/article/kristen-bell-explains-shame-feeling-anxiety-depression>