Big Sean Discusses How He Handles His Mental Health Troubles

The rapper, who released his LP *Detroit 2* months ago, says he now copes with anxiety and depression by pacing himself and taking breaks.

December 24, 2020 By Alicia Green

While working on his fifth studio album, entitled Detroit 2, rapper Big Sean revealed that he struggled with mental health issues. As a result, the Grammy-nominated artist also learned about the importance of self-care, he recently told People.

“I go over scenarios and I go over two or three things at the same time, and that creates an overwhelming feeling and a lot of anxiety, which leads to depression, which leads to all these things,” Sean said.

In September, the recording artist shared via social media details about experiencing a period of time when he became tired of doing what he loved. Sean said he wanted to give up on his life throughout the process of making his recent LP.

He tweeted, “I don’t feel like this currently, but I had never gone through wanting to kill myself, give up on my life until the past few years and I didn’t realize how important it was to embrace the ups and downs of life and enjoy (in joy) taking active steps to better it. It’s the journey!”

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>
> — Sean Don (@BigSean) September 7, 2020

I thought doing what I loved would always make me happy and satisfied, so when I got tired of it, I was confused and it drove me insane. Later i realized I was just growing n had to gain a new mentality and foundation on many levels n re-discover my passion! And try new things..

— Sean Don (@BigSean) September 7, 2020

That’s the hardest thing I’ve ever had to learn how to do, I pray if and when it happens to you, you just hold on to your faith! You may discover more passions if it’s meant to be as well. Not sure if we are only meant to do one thing in life, who knows for sure...

— Sean Don (@BigSean) September 7, 2020

Sean discovered how to handle being barraged by multiple thoughts simultaneously. He’s learned to pace himself and follows this personal care advice: “Take a break before you need a break,” he said.

Now, Sean feels better able to negotiate these challenging periods. “As opposed to before, when I was confused on why I was feeling like that, because nobody ever talked to me about it,” he explained.

Through his music, Sean, who began seeing a therapist, explored his mental health problems, as well as troubles with his physical health. During these tough times, his goal was to give fans something “tangible to hold on to, something inspiring…,” he said.

“When I look back, I want to make sure I did all I could for my people who needed it,” he added.

“That’s why I made this album, and that’s why I have the songs that I have on my album.”

Sean’s work has paid off. He’s been nominated for “Best Rap Performance” at the upcoming 63rd Grammy Awards for his song “Deep Reverence,” which features the late rapper Nipsey Hussle. Sean said Hussle taught him about the importance of taking care of your people and yourself.

“It feels great,” he said. “It’s feels amazing. The song for me and Nipsey Hussle is such an important rap song, so it’s an honor and I appreciate the honor [the Recording Academy] gave me.”



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