

3 Issues Miley Cyrus Dealt With During ‘Hannah Montana’

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You may know Miley Cyrus for her twerking, tongue wagging or [infamous 2013 VMAs performance](#), but the singer started off as a country pop star living a double life on the popular Disney Channel show *Hannah Montana*.

With the show came a lot for the *then* 11-year-old actress. Cyrus started her period and dealt with more serious matters, such as body-issues and anxiety.

In an interview with [Marie Claire](#), 22-year-old Cyrus opens up about some of the problems she faced during the show.

Below is a list of 3 issues Miley Cyrus dealt with during *Hannah Montana*:

She Started Her Period in the Most Embarrassing Way Possible

She got her first period on the set of the show while wearing white pants. “I was crying, begging my mom, ‘You’re going to have to put the tampon in. I have to be on set.’”

She Dealt With Body Issues

Cyrus dealt with body-image issues because of Hannah’s unrealistic beauty standards. “I was told for so long what a girl is supposed to be from being on that show,” she says. Because she was being made to look “perfect,” that led to Cyrus questioning her own identity once the show was over.



“I was made to look like someone that I wasn’t, which probably caused some body dysmorphia because I had been made pretty every day for so long.” She adds, “And then when I wasn’t on that show, it was like, Who the fuck am I?”

Having the blond, long hair and tight clothing had Cyrus thinking, “Meanwhile, I’m this fragile little girl playing a 16-year-old in a wig and a ton of makeup,” comparing it to [TLC’s *Toddlers & Tiaras*](#).

She Had Anxiety Attacks

Cyrus opens up about having anxiety attacks during the show. “I would have anxiety attacks,” she admits. “I’d get hot flashes, feel like I was about to pass [out] or throw up.”

Catch up on the [full interview](#) where Cyrus also discusses her friendship with Caitlyn Jenner, her celebrity female crush and why she’ll never be a beauty-brand spokesperson.