

## Ariana DeBose Says She's In A Period Of 'Rebirth' After Her Oscar Win

For actor-singer-dancer Ariana DeBose, a groundbreaking Oscar was just the beginning. Now the 31-year-old is working to carve out a life that's truly her own—by setting boundaries, maintaining a harmonious mindset, and moving her body in ways that bring joy.

**A**riana DeBose never expected to feel stressed after winning an Oscar. But in the days and weeks following her Best Supporting Actress win for her powerful and heartbreaking turn as Anita in Steven Spielberg's *West Side Story*, that's exactly what happened. The achievement was understandably huge for her. Not only because she'd beautifully reimagined an iconic character and been recognized as a Broadway star turned movie star, but because she'd become the first openly queer actor of color to win for acting.

Getting enough rest also keeps her centered. If she doesn't get eight hours at night, she'll do her best to nap during the day. "I can't function if I haven't slept properly," she says. "I believe in recharging." To get a "full reset" recently, Ariana and her best friend completed a wellness and health retreat in Italy at a place called The Ranch. "We hiked every day. I realized I thrive when I am close to nature, so now I prioritize being by the water." Taking walks by the riverbank of the Danube, which is close to her temporary place in Budapest, "helps cleanse my energy, and I can hear my thoughts, and I move," she says. "I have to move. If I don't move, I am a raging terror."