

Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'



According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

What are some ways to cope in the midst of a stressful divorce?

Cupid's Advice:

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

1. Give yourself a break: Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.

2. Don't isolate yourself: Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feelings and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.

3. Remember things will get easier: You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

How did you cope during your divorce? Share your experiences below.