

# Jane Lynch Says Losing Cory Monteith Has 'Just Been Brutal' for Lea Michele



By April Littleton

The cast of *Glee* are still grieving the loss of Cory Monteith and it comes to no surprise that Lea Michele is taking it the hardest. "I know it's just been brutal for her," Jane Lynch told [People](#) at the Gallo Family Vineyards and Ciroq-sponsored event. "I never lost a boyfriend when I was 26-years-old. I can't tell her what her experience is. She's a champion, and a rock star, and she is getting through this." *Glee* is set to air a special episode next month to pay tribute to Monteith, who played Finn Hudson on the show.

**What are some ways to cope with losing your partner?**

## **Cupid's Advice:**

Coping with a death of a loved one is very difficult. It'll take some time to fully mourn the loss of someone who was once such a huge part of your life. Everyone deals with situations like this differently. While some people find venting and crying on the shoulders of friends and family to be helpful, others feel the need to lash out. It's important to find healthy ways to cope. Cupid has some tips:

**Find a creative outlet:** Take all of the negatives emotions you feel over the situation and turn it into a form of art. Start painting, drawing or even write down your feelings in a journal. If you're a fan of poetry, this may be an opportunity to try your hand at some stanzas yourself. This might not be the best time for arts and crafts, but it's a lot better than falling into bad habits that could cause you to go into deep depression.

**Stay active:** Maintain healthy eating habits and keep yourself involved in your family and friend's lives. Individuals dealing with loss tend to isolate themselves, but doing so will only make getting over your loss harder. Continue to do the daily activities you did before the incident. Go back to work even if it's only part-time and consult with someone you trust if you feel like you need someone to talk to.

**Funeral preparations:** Helping out with the funeral plans can help you get the closure you need. It'll be a chance for you to say your final goodbyes and fully accept what happened. Dealing with the funeral will be challenging, but you'll get through it.

**What are some other ways to cope with losing a partner?  
Comment below.**

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# Jane Lynch and Wife Lara Embry Are Divorcing



By Marisa Spano

It's always upsetting to hear when our favorite couples break it off. *Glee* star, Jane Lynch and Dr. Lara Embry have decided to end their marriage. The actress confirmed the news to [UsMagazine.com](http://UsMagazine.com), saying, "This has been a difficult decision for us as we care very deeply about one another."

**How do you know when it's time to call it quits in a relationship?**

**Cupid's Advice:**

Relationships are never easy, but there are some that are

simply not meant to be. Learning when relationships need to end are difficult, Cupid has some answers:

**1. Do you want to keep fighting?:** You need to decide whether you want to keep fighting for the relationship. your true desires will eventually come out. If any part of you still has hope that hanging in there and fighting might salvage a long-term future, answer to yourself what goals would you set for turning things around?

**2. Ask family:** Those who love you the most want the best for you. They usually already know if the relationship is good for you or not. Trust their judgment.

**3. Make a list:** list their pros and cons. Make sure you are honest and serious about their good and bad points. If you fear for your own safety, the best thing to do is get out now.

**When would you end a relationship? Let us know below!**

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## Jane Lynch Admires Wife's Bikini Bod





Glee star Jane Lynch showed her appreciation for her wife Lara Embry at an *Entertainment Weekly*, according to [People](#). The actress, who embodies outspoken Sue Sylvester on Fox's hit show, admitted that she loves seeing Lara Embry in a bikini. But, Gleeks won't be catching Jane Lynch in a midriff baring swimming suit anytime soon. "She wears bikinis – not me," said Lynch. That said, hot-tubbing is one of the couple's favorite pastimes. "We like to drink coffee, do a lot of talking and go hot-tubbing. Hot tub time is great," insists Lynch. **Should you publicly appreciate your partner's body?**

### **Cupid's Advice:**

Everyone wants to feel wanted and attractive. Cupid has some appropriate ways to show appreciation for your partner's best physical assets:

- 1. Show off:** When you and your partner get dressed up to go someplace nice, it's always good to compliment your partner within ear shot of others.
- 2. A Kodak moment:** You can show your appreciation for your partner's physique with friends and family by showing pictures of you and your partner together. Say things like, "Doesn't

she look great in that one?"

**3. A group compliment:** If you compliment how your partner looks in a group of friends, it may result in multiple compliments when your friends agree. Voicing your opinions to others will make your mate feel special.