

Celebrity News: Fiancée of Buffalo Bills Linebacker Dies of Cancer at 26



By

[Jessica DeRubbo](#)

Not all [celebrity news](#) is happy in nature. In fact, some of it is just downright sad ... and this is one of those times. In [latest celebrity news](#), Buffalo Bills player Tony Stewart revealed that his 26-year old fiancée died after battling cancer, according to [People.com](#). In an emotional Instagram post, Stewart paid tribute to Brittany Burns, saying, "Brittany Ann Stewart! Wow BEAUTIFUL is the only way I know you. You have the biggest heart I have ever seen in my entire life and I promise you that it will live on in me, our family and every single soul you have touched."

Even in the world of celebrity news, not everything is cotton candy and rainbows. What are some ways to cope with the death of a partner?

Cupid's Advice:

Dealing with the loss of a loved one is no easy task, and when it's partner, it can be even worse. Cupid has some advice:

1. Allow yourself time for mourning: No one is expecting you to move on immediately as if nothing has happened. Allow yourself that time to grieve for your partner so that it doesn't end up hindering you down the line.

Related Link: [Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'](#)

2. Talk out your thoughts and feelings: Take those people who say they want to help up on their offers. Talk about how you're feeling and what you're thinking. Just getting those out of the table can help you start to deal with them.

Related Link: [Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One](#)

3. Find a support system: Your friends and family aren't always fully equipped to function as your support system. Consider reaching out to support groups where those who are there have gone through something similar. Just being able to have someone relate will be very helpful to you.

What are some other ways to cope with the death of your partner? Share your thoughts below.