

Celebrity News: Kobe Bryant Dies in Helicopter Crash with Daughter Gianna



By [Hope Ankney](#)

In shocking and devastating [celebrity news](#), Kobe Bryant passed away on Sunday alongside his daughter Gianna after their helicopter crashed in Calabasas. *UsMagazine.com* reported that there were eight other passengers on board the flight when a fire broke out. Fire brigade and paramedics attended the scene but authorities said in a press conference that nine people were confirmed dead. So much pain and tragedy for so many families. Everyone's hearts are broken and grieving for those who lost their loved ones.

In celebrity news, we lost a legend recently. What are some ways to cope with the death of a loved one?

Cupid's Advice:

No words have been able to properly describe how heartbreaking it was to hear the news of the loss of Bryant and his daughter. It's never easy to cope when you lose a loved one, especially in tragic circumstances. If you're struggling with the grieving process of losing a loved one, Cupid has some advice on ways to cope in these trying times:

- 1. Take care of yourself and your family:** It can seem like one of the last priorities when you lose someone, but eating well, getting out of bed in the morning, and trying your best to get

enough rest will better help you get through each day. It won't be easy, but it is the baby steps that help one through each day going forward.

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2. Accept your feelings: There is an array of feelings that one goes through when they begin the grieving process. It's important that there is no right or wrong way to mourn. Sadness, anger, denial... These are all valid and normal. Don't make yourself feel worse by believing you aren't grieving properly.

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3. Reach out to others grieving the loss: Community is such a healthy way of coping with the loss of a loved one. It might be hard, but reaching out and helping others who are also grieving this person's loss can be beneficial to both of you. You'll be able to talk to each other about how you're feeling, and not believe you're alone in the process. Sharing stories and feelings about the deceased can help everyone cope.

What are some healthy ways you've learned to grieve a loved one's passing? Comment down below to help others.