

Maria Shriver Discusses Support Received After Divorce Announcement



Maria Shriver

endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying, 'You're my best friend Maria and you will never be left out,' " she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

1. Express your feelings: In order to heal, you must speak about your feelings with someone you trust, instead of keeping them bottled up.

2. Activities: Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.

3. Travel: Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.