

Lea Michele's Rep Requests Privacy During this 'Devastating Time'



By Kerri Sheehan

Tragedy struck in the Glee fandom this past weekend when actor Cory Monteith, who portrays Finn Hudson on Fox's hit television show, was found dead in his hotel room. For costar Lea Michele, Monteith's passing was more than just the loss of a friend, as the two were real life love interests. Michele has yet to release a statement, as she is still in the grieving process, but her rep told UsMagazine.com, "We ask that everyone kindly respect Lea's privacy during this devastating time. Thank you."

What are some ways to help a friend who has lost his/her partner?

Cupid's Advice:

The death of a partner is one of the worst things that can happen in your life, especially when you're young and in love. Cupid has some insight on how to help a friend through this difficult time:

1. Be supportive: Your friend has recently gone from being deeply in love to being single in the worst way, so they won't be used to not having someone to lean on at all times. Let your friend know that if they feel lost or alone you'll be there for them in a heartbeat. Sometimes just knowing someone is there can help tremendously.

2. Mourn: Crying is a big factor in the mourning process. Not to say you have to cry with your friend but just be there for them as they cry. A hug is the best medicine you can give.

3. Understand: There is not right or wrong way to grieve a loss. Don't judge your friend for grieving differently than you think you would. Accept them wholeheartedly and let them handle the loss in whatever way they feel is appropriate.

Have you ever lost a partner? Share below.