

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.