

Ryan Anderson Breaks Down Over Gia Allemand's Suicide



By April Littleton

According to [People](#), Ryan Anderson broke down in tears when he discussed how he was dealing with the death of his late girlfriend, Gia Allemand. The New Orleans Pelican forward was the one who found her in her apartment August 12 after she hanged herself. "Every day is a challenge. It helps to be here. My family's with me. To be here with my teammates really helps a lot, but it's a roller-coaster," he said.

What are some ways to cope with heartbreak?

Cupid's Advice:

When your heart gets broken it seems like nothing will help ease the pain. It's natural to feel this way, but as time goes on, you'll notice that you're starting to smile more often. You might be even laughing a bit more than usual too. It takes time to get over something tragic. Cupid has some tips:

1. Spend time with loved ones: Have your family and friends around more often while you're going through the grieving process. Your loved ones will show you how loved and appreciated you are and all of that positive energy will be good for your state of mind. You'll have people around you who you trust and if you ever feel like venting they'll be right there to lend a listening ear.

2. Keep busy: Get right back to doing your everyday activities. Continue to go to work and pick up a new hobby or two. Staying busy will help keep your mind off of the things that are keeping you down for awhile.

3. Remind yourself that things will get better: When you're feeling down on yourself, just keep in mind that there will be better days ahead. Time heals everything – you just have to be patient. Some days will be better than others, but eventually, you'll wake up one morning feeling like your old self again.

What are some other ways to cope with heartbreak? Comment below.