

Source Says Lea Michele 'Talks About Cory All the Time'



By April Littleton

According to [People](#), Lea Michele is slowly moving on from the loss of her late boyfriend, Cory Monteith, who died in July. "It's getting a little easier," said a source close to the *Glee* actress. "She talks about Cory all the time." During the tribute episode that aired Thursday, Michele shared a photo of herself with Monteith on Instagram. The source also said that Michele, who dated Monteith for more than two years isn't ready to think about dating.

What are some ways to cope after your partner unexpectedly passes?

Cupid's Advice:

Coping with the loss of a partner or spouse is a difficult challenge to get through – especially if the tragedy happened suddenly. Everyone grieves differently, so it's up to you how you deal with situation. No matter what you may be feeling or thinking right now, you don't have to go through this alone. Cupid has some advice:

1. Friends and family: Even though it may be hard for you to think clearly right now, just remember that your loved ones are there for you whenever you need someone to talk to. Don't isolate yourself. The best thing you can do for yourself is vent and let out all of your frustrations to people who you can trust.

2. Take care of yourself: People who grieve tend to lose sight of their health. Avoid putting your body through further stress by maintaining a proper diet as best as you can. If you need additional help, don't be afraid to ask a close friend or family member. Stay active and get as much rest as you need. If you notice any unusual changes in your sleeping habits and/or appetite, see your doctor as soon as possible.

3. Join a support group: You love being around your friends and family during this sad time in your life, but they may not fully understand what you're going through. In that case, join a grief support group. You'll be around a group of people who know what you're going through and will be able to give you some helpful advice on how to move on from the ordeal.

What are some other ways to cope with the loss of a partner? Comment below.