

Find Out How Kate Hudson Helped Lea Michele After Cory Monteith's Death



By April Littleton

According to UsMagazine.com, Lea Michele has gotten plenty of help getting through Cory Monteith's death. In an interview for Elle, the *Glee* actress explained how Kate Hudson helped her through the tragedy. "I called her and said, I don't know where I'm going to go because my house is swarmed [with reporters]," Michele said. "She was like, 'Oh, you're going to stay at my house.' Like it was nothing." Monteith died in July at the age of 31. The couple began dating in early 2012.

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

Cupid's Advice:

Helping a friend get through a tragedy of losing someone they love is not an easy task. You don't want to overstep your boundaries, but at the same time, you want him/her to know you're there for them whenever they need you. Cupid has some tips:

1. Support them: One of the best things you can do for a friend in need is just lend a listening ear. When your friend is ready to vent to someone, just be there for them. Don't pressure him/her to do or say anything they're not ready for.

2. Keep them busy: Get your friend up and out of the house. Help them get back into their old routine. Maybe the two of you can pick up some new hobbies together. Sign up for a cooking class, learn how to play a musical instrument together or catch up on the latest movies. If those options don't work for you and your loved one, find something else the two of you would enjoy doing.

3. Help them reminisce: Help your friend find some healthy ways to remember their lost love. Start a scrapbooking project together or be there for your friend when it comes time to visit their late partner's grave. Let them know it's OK for him/her to still think about their significant other from time-to-time – they just have to figure out how to grieve in a proper manner.

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