

# Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death



By Shannon Seibert

This past Sunday marked the year anniversary since the death of Cory Monteith who died of heroin and alcohol overdose at the age of 31. Former girlfriend, Lea Michele had been dating Monteith for almost a year and a half before his untimely death in 2013. Michele honored her love's memory by posting a touching photo on Twitter. The *Glee* actress tweeted: "We hold you in our hearts today, and every day we remember your smile. We will love you and miss you always," according to [UsMagazine.com](http://UsMagazine.com).

**How do you honor the memory of a loved one who passed away?**

## **Cupid's Advice:**

Memories are some of the best gifts that life can give. Though

our loved ones may leave us before we are ready, they give us something to hold on to for when times get tough. Honoring your passed loved ones may require more strength and acceptance than you're ready to give, but giving tribute to people who have touched your heart can give you a peace of mind.

**1. Host an event:** If your loved one has passed away from an unfortunate circumstance you can raise awareness about the issue by reaching out to your community. Start up an annual 5k for breast cancer awareness, or host a reach-out event for those who have lost family members and friends to suicide. In doing so you can educate your community on what you've learned through your experiences, and learn from those around you.

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**2. Go talk with them:** It may sound odd, but by having a conversation with a passed loved one can make you feel closer to them again. Go to their grave site, or visit a place the two of you shared many memories at, and just talk. Tell them about your day, talk about memories, ask them for advice. By keeping them in your mind you'll never lose them in your heart.

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**3. Accomplish what you said you were going to do together:** When you're with someone it is easy to make plans for the future, but when someone leaves unexpectedly it is even easier to want to forget those plans. Honor your loved one by taking the trips you said you'd take together. Be the person you told them you wanted to be. See the sights they wanted to see. By following through you'll feel closer to your loved one and you'll be able to do the things they cannot. This gesture to them is meaningful and shows the love you'll

always have for them.

**How have you honored your memories of a loved one who has passed? Share your story with us in the comments below!**