

Spiritual Support – Cancer Self Care 10.3.2011

What does spirituality mean to us?

- Being in tune both inside and outside
- A sense of purpose
- Connectedness
- Not religion
- Fellowship and community – like minded people where I can be myself, feel held and valued
- Being in nature with creatures, trees and sky, gardening and soil
- Well being and calmness

What are the spiritual challenges of living with cancer?

- Loss of sense of self and connectedness
- Isolation (particularly when having chemo, fear of infection)
- Becoming aware of balance and the lack of it (wake up call)
- What's important now? New priorities?
- Looking after myself (lifestyle changes?)
- Facing mortality
- Relationships – are they nourishing (some drift away)
- Putting “just being” on the to do list!
- Grief and loss of confidence

What support have I found, or not found?

- Meditation groups and classes
- Yoga
- Reiki
- Massage
- Hypnotherapy

- Acupuncture for balance
- Psycho-oncology, counselling and psychotherapy
- Friends
- Church and Quakers
- Support group
- Hospice day centres – safe places
- Bristol and Beechwood

Which left us with a question about most of these being “alternative” and / or in the charitable or private sector – and this maybe okay...?