

Cancer and Spiritual Needs

When you are facing an illness, such as cancer, it may cause you to think about your life and what is to come. Thoughts about spirituality may bring you peace, hope and acceptance, but it may also bring you anger, resentment, and feelings of guilt. All of these feelings are normal and can happen at different times during your illness. Turning to your faith, whether that be religion-based or not, may help you look for meaning in your illness, overcome fears and find hope.

Research about the needs of cancer patients has found that patients often have an increased spiritual awareness. Each person may have different spiritual needs, depending on their cultural and religious traditions. You may find yourself questioning why this is happening to you or seek to discover the meaning of this experience. These are both common responses when facing a serious illness.

Our chaplains at The James are here to listen and to help guide you through any challenges you may be facing. Tell your nurse if you would like to meet with a chaplain or you can call the Department of Chaplaincy directly at (614) 293-8791 to request a visit.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.