

More Information

Faith and health have been linked since the beginning of time. Research shows that 90% of cancer patients use faith to cope, and 40% indicate that it is the most important factor that kept them going.

Helping women of color diagnosed with breast cancer find hope, no matter their faith, is the goal of SISTAAH Talk. We try to reach women where they are to increase their peace.

Though breast cancer can challenge faith, many survivors find that their belief is strengthened by the breast cancer experience.

To join the SISTAAH Circle,
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SISTAAH Circle

Faith



SISTAAH Talk!

Women of Color Breast Cancer Support Group

10 Ways to use Faith on the Breast Cancer Journey

Spirituality and religion have different

meanings: Religion is a specific set of beliefs and practices; spirituality is an individual's sense of peace, purpose, and connection to others. Breast cancer survivors may think of themselves as religious or spiritual or both.

Faith can help you cope: Spiritual coping (regardless of your beliefs and religious practices) can reduce anxiety, depression, and fear during the breast cancer journey. This is important for believers and non-believers.

Determine the place faith has in your cancer

care: Most newly diagnosed breast cancer survivors pray for a cure. They also look for emotional healing, which can come from their spiritual relationships. Deciding the role of faith is important in deciding what comes next.

Avoid spiritual distress: For some, a breast cancer diagnosis can have a negative effect on faith or spiritual health. Spiritual distress can make it harder to cope with cancer treatment. Even when people are angry with God or are non-believers, experts say that it is important to talk with someone about what you're feeling. This will help you cope with the challenges ahead.

Talk with your doctor: Make your health care team aware of any religious or spiritual beliefs so that all concerns, practices, or needs can be respected and addressed appropriately.

Seek spiritual help: Your health care team can refer you to a chaplain, or appropriate religious leader. Or, you can talk with your pastor or support group facilitator.

Plan ahead: Once you have been diagnosed, it's time to assess your spiritual storehouse. Think of faith practices that bring you comfort. Make a list of your favorite Scriptures, download your favorite songs, and bookmark writings that give you hope. During times of pain and discomfort, during treatment, or when you feel alone, you will need these.

Engage in spiritual practices: Do what works best for you. Here are a few recommendations

- Praying alone or with someone else
- Having someone else pray for you
- Meditation
- Meditative breathing
- Reading scripture or devotionals
- Saying one passage from your religious tradition (Scripture) over and over again like a mantra
- Listening to religious or gospel music
- Yoga
- Talking about spiritual matters with another

Words and thoughts are powerful: Speak and think positively.

Find sanctuary: A breast cancer support group can serve as a sanctuary—a guide from diagnosis through treatment—on the cancer journey. They can help members face cancer with faith, literally and figuratively.