

**Covenant School of Nursing**

**Instructional Module 6 Assignment  
Topic: Current Theories and Practice**

**Journaling Assignment**

**Mya Flores**

## **Current Theories and Practice**

### **Mya Flores CSON**

Being a major advocate for mental health, I have been looking forward to this module tremendously. Like it has been said already in this module, we run into psychiatrics daily, its not only in a Psychiatric Mental Health Hospital. As for my experiences with Psychiatric, I personally had an uncle who was diagnosed with schizophrenia. I say "had" because he took his own life in 2016 when he was 27 years old. Although I didn't have many experiences around him, I did witness how hard it was for him to navigate through life. No one would take him seriously, he constantly felt like he was alone in this world, but he did want help. Then there is another spectrum of mental illness- depression. Something I have suffered with daily after having my son and my mom being diagnosed with stage 4 cancer. At many times, I have also felt ignored or like no one truly understood or even cared. No matter what the mental illness diagnosis may be, rather the rarer schizophrenia or the more common, depression, I believe that mental illness should be taken more serious in all cases. Over time I realized that my personal illness was also causing physical illness and even affecting those that I love. Because of that, I started to make a conscious effort to take every step I could to not only heal my mental illness but remind others that they are not alone. Although the psychiatric mental illness field may cause fear in others, I am looking forward to learning more about the many diagnoses that come with mental health and how to help those with the various mental health diagnoses.

My fear during the PMH side of this module is honestly something that hasn't crossed my mind, at least not yet. The triggers I carry or carried previously are things that I have put continuous effort in fixing and moving forward from, so I'm not sure if they're even considered triggering anymore. I have become more interested in improving the triggers rather than letting them continue to drag me down when they happened to come back up.

My expectations for the Psychiatric Mental Health aspect of this module are to get a better and more clear understanding of the mental illness that are commonly seen and sometimes even missed. As stated, I have an immense interest in the mind and the diagnosis' that can affect the mind, but by no means do I know everything needed to know and everything I would like to know about various mental illnesses. Due to my personal experiences and observing the experiences of others with mental illness, I have only a small amount of the knowledge needed to truly grasp and understand the impact of mental illness and the number of mental illnesses that are seen daily. A huge question I have that I would like to be answered by the end of the PMH portion of this module is how your mental health can affect your physical health. I know it plays a role in your physical health, but I am interested in diving deeper to truly understand the impact. Another question I have is if grief can lead to mental illness and if so, what kind of mental illness. Grief as in the grief of losing a loved one. Lastly, I am curious as to what I can do as an individual to spread the word on how important mental illness is and bring it out of the shadows of physical illness and spread the fact that getting help for mental illness is equally as important as seeking help for physical illness. I am looking

forward to getting a better understanding of Psychiatric Mental Illness and increasing my knowledge over this important topic.