

Current Theories and Practice

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Mental health is a big deal, especially in the world of health care. It is so important for health care workers to have good mental health as they are constantly held accountable for the lives of other people. Even though its important to have good mental health, I feel like it is addressed enough. There are probably some people that are good at taking care of their mental health, and then there are probably others who are not so good at taking care of their mental health... like me. I put that subject last on the things that I need to do because I have exams, class, clinicals, assignments, ect. With that being said, I am looking forward to learning about mental health this module. One goal that I am going to keep in mind throughout the module is to try and figure out how to do all the busy things of nursing school while also keeping my mental health at the forefront of my mind. As far as experiences go, I have had a couple friends and family that have mental health problems but I, myself, have not had a personal experience. I am eager to learn the different mental health disorders and learn why they happen and how to help.

My personal experience with mental health is not as near as big as what I have seen my family members and friends go through, but I'm not going to say that its not important. If someone asked me how I would describe nursing school in one word, I would say stressful. These days I find myself trying to think of a time that I wasn't stressed, and that time is usually before nursing school. it's the stress and pressure to constantly do good in school that I find myself thinking that maybe I'm not smart enough and not good enough to be a nurse. Now of course when I'm not stressed, I look back on that last statement and tell myself that my mental health is getting to me and that I'm smart and blessed because some people don't get the opportunity to be able to do what I am doing. That just goes to show what mental health can do to you, it can make you think that you are not enough even though you are. Some experiences that I have been through with other people are my friend and my dad. When I was in high

school my friend was having trouble with suicide and depression. She was harming herself and attempted suicide. Her parents decided that it was best for her to go to a mental hospital and so she did. My sister and I wrote letters for her, and her parents sent them to her. I remember that because I never would have thought that one of my friends could feel so low that she felt the way she did. Another experience that I have had and will go through for a very long time is with my dad. Small backstory, my parents got divorced and since then my dad has been remarried and divorced. He is a severe alcoholic and has been to rehab and AA several times. He has more problems but to put it nicely, he is just not a very good person and I believe that its because of his substance abuse and other problems it has made him the way he is. Having to go through this I have visited him and some of the places that he has gone to rehab, I have attended an AA meeting to listen to him speak. Because of all his problems, he has pulled himself away from his family, friends, and God. The only thing that I can say about all of this is that mental health is a big deal. I believe that if you have a good support system, and want to overcome your mental health, then you will. I'm not saying that it will be easy because it won't, but you can do it.

My fear is for the future. My fear is that I will have mental health problems like some of the people in my family have had. I fear that I could end up with problems that I could pass on to my future children. For some of them I can try to do my best to prevent them, but I can't do that for all of them. I know and have seen what these problems can do to people, and it scares me that someday I could be having that problem. I feel scared to learn but also eager to learn.

My expectations for this module are that I will not only expand my knowledge of the many disorders of mental health but that I will also learn how to take care of my mental health better than I have before. In this module I hope to learn about the many disorders and how I can help my friends and family that have the disorders. I want to help people learn how to manage their disorders. I would also like to expand my knowledge in how to emotionally help people through their mental disorders and how

to appropriately talk to them. Sometimes I feel like its hard to talk to them because you don't want to say the wrong thing. Three questions that I would like to find answers to are: Is there a cure for severe mental illness?, Is it easy to be able to identify when someone is seriously ill or if they are faking?, Why is it that when changing or stopping medications a patient becomes suicidal? I am looking forward to expanding my knowledge this module.