

Current Theories and Practices

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Mental health is one of the growing health concerns in the world. Over the years, mental health problems have increased, especially after the pandemic. Mental health is equally as significant as physical health, and it is essential to take care of one's mental well-being as it is known to be one of the factors that cause physical illnesses. Studies have shown that inadequate management of mental health increases the risk for many types of physical health problems such as diabetes, heart diseases, stroke, and mental illness. (CDC, 2021)

I have few experiences with people with mental health problems, and I do not know much about mental health. Nevertheless, I fully acknowledge the importance of mental health in individual overall well-being and its relationship to the physical body. Thus, my feeling about taking this course is positive. Furthermore, I am curious and excited about this course. I know it would be challenging since I don't know much about mental illnesses, but I think it will be a whole new learning experience for me.

I have encountered a few people who have psychiatric illnesses, but they were all strangers as far as I remember. I had briefly talked to them before but never had close interactions with them, so my experience with psychiatric patients is little. My belief or perception about mental illnesses has improved. I used to think people who have mental illnesses were crazy, I felt it that way because I was young and immature, and people around me never really explained what mental illnesses are. As I get older, my view on mental illnesses has changed. I no longer think people who have mental illnesses are crazy. Instead, I see them as typical sick patients who have medical problems and need medical treatment and interventions to obtain a quality of life.

I understand that sometimes psychiatric patients could easily be aroused by emotional or environmental factors, and they could act out unexpectedly. Honestly, I will be somewhat

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nervous in those situations, but it will not alarm me to the point that I have to leave the facility. I know I will be with my nurse, so I can ask my nurse if I need help with anything. Besides being nervous, I also have one concern. The concern is that I may not be able to help those unexpected situations as efficiently as I want to since I lack knowledge or skills in taking care of psych patients. Nonetheless, I am ready to learn and experience this learning opportunity.

Through this course, I would like to gain knowledge and skills to help me in my nursing journey. Specifically, I want to learn communication skills that will enable me to effectively communicate with people with mental illnesses and dos and don'ts interventions when caring for them. I feel that knowing these will allow me to provide care without making them feel lesser or inferior. The questions that I would like to answer during the course are how does mental health affect their life? How do you treat each mental illness? Do they try to seek help or not? And how do people with mental illnesses see themselves? Mental health is overwhelming, but the impact mental health has on our bodies is significant. WHO stated, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." (WHO, 2022)

References

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