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# PMH JOURNALING ASSIGNMENT

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INSTRUCTIONAL MODULE 6

Dr. Harrison and Mr. Ellis

I am incredibly excited for this module and for the opportunity to learn about Psychiatric Mental Health Nursing. I have always found mental health fascinating and I have personal experiences regarding a few mental health issues and I am always willing and excited to learn more. I have always been curious about being a Psychiatric Mental Health nurse and I am excited to be able to experience this field of nursing during our clinicals. I have heard good and bad things about several of the clinical sites that we have the opportunity to visit and I am excited to be able to make my own decisions about these sites.

In my family, there is a history of post-traumatic stress disorder, depression, anxiety, and several other mental illnesses and I personally struggle with anxiety and depression so I am well aware that mental illness is a big issue. I think a lot of people believe that mental illness is not a real illness and that it is just a ploy for attention from others but I think that could not be further from the truth. Mental illness is a major issue and there should be more options for treatment. Many people that suffer from mental illnesses believe that they have to keep it to themselves because mental illness is so stigmatized, however, I believe that it should be discussed more and more people need to share their personal experiences in order to destigmatize mental health.

While I am incredibly excited for the opportunity to learn more about psychiatric mental health, I am also somewhat concerned about the lectures and clinical experiences. I have and continue to struggle with anxiety and depression and in my past, I have also struggled with self-harm and suicidal thoughts so I am slightly worried about what may or may not trigger me. I remember that during the instructional module 5 lecture about adolescent disorders, we discussed a little bit of mental health and I needed to excuse myself from the lecture for a few minutes because the disorders we were discussing were starting to become a little bit too familiar. I have been working towards becoming more open about my mental health issues and have been trying

to find what exactly my triggers are and how to be more comfortable with those triggers and I think this module will help with that.

In this module, I expect to be extremely busy but it seems like we will be discussing very interesting material. I am fascinated by psychiatric nursing and I plan on learning everything I possibly can about all of the lecture material. Three questions I have concerning this module are 1) what are some healthy coping mechanisms that I can educate my patients and peers on regarding depression and anxiety, 2) what the best way to interact with patients that have different diagnoses would be, and 3) if I was interacting with a patient with a plan to commit suicide, what would be the best way for me to talk them out of it. Along with these questions, I would also like to know all of the basic information for each disease process, the side effects from the disease, the medications that go with the disease, and the side effects from the medications.

This instructional module is one that I am most excited for because of how fascinated I am about psychiatric mental health nursing. I would love to be able to help patients suffering from mental illness and this module will allow me to better do that. As of now, I can speak about my personal experiences with anxiety and depression but I would love to be able to learn and teach about the many other mental illnesses.