

Psych-Mental Health Journal Assignment

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Instructional Module 6: Psych-Mental Health

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August 23, 2022

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My upbringing was not exactly the best. I have experienced traumatic life changes since I was a child and have understood the importance of mental health from a young age. However, the hurtful experiences and not-so-pleasurable memories have shaped me with resilience and determination, and for that, I am grateful. So, here is a little about me and why I am excited to learn about psychiatric mental health.

My Outlook and Experiences

I have always been fascinated by this field of study, not only because of my own experiences with it but because I want to learn how to help people with these struggles. I hope to learn more about the reasoning behind “why” our brain acts in such ways and how it controls our entire personality. Continuing, I want to expand my knowledge on medications, preventions, and resources regarding mental health. Due to my employment, I have already visited our clinical areas, but I have spent no more than 30 minutes at each site. Although I have not had the best experience at Sunrise Canyon (I was almost bitten by a patient when getting blood work), I am still eager to return as a student nurse and gain further insight into psychiatric nursing. Growing up in a Mexican household, I was shushed away when I expressed my mental concerns. I was told many times that ‘it was all in my head’ and that medication was only for “crazy” people. Due to these reasons, I have watched my father struggle his entire life with depression/anxiety and substance abuse. My father blamed his alcoholism on the voices in his head that appeared when he was sober, which harassed him about ending his life daily. His unfortunate curse led his way to me, and in my early 20’s, I also suffered from severe anxiety, depression, and alcoholism. It was not until recently, after his death, that I began to see a therapist and get medicated, which helped me tremendously. However, this help shortly ended

when I started nursing school and lost my insurance due to my hours being cut. With the stress of nursing school, work, and being a mother, I knew it was time to find healthy coping methods so that I do not fall back. Thankfully mental health is now an open topic, and this has allowed me to find incredible resources and friends that will enable me to get the help I need.

Concerns

Although I am excited about this opportunity, I am terrified. I have been a victim of rape and abuse, which resulted in an unhealthy childhood. I tend to ignore anything related to those things because I disassociate for days and lose focus on what's important. I hate the memories these topics bring up, so much hurt and regret, and I know it's because I have not healed from these issues, and I still confine so much resentment from my past. I tend to shut down when I must talk about my history or hear similar experiences, which can sometimes push me back into alcohol. Honestly, I don't know which is more terrifying, listening and talking about such issues or the person I become after I do so.

Expectations

I hope this module brings me clarity, knowledge, and comfort in psychiatric mental health. As stated before, I am equally excited as I am terrified, but I am ready to embark on this new journey. I wish to learn how trauma relates to the deterioration of the mind and how people have overcome these issues. I know everyone deals differently in these situations, and I am ready to help these patients and see how treatment works. Also, I want to hear their stories if they allow me to and be a listening ear. I hope you enjoyed hearing a little about me, but now I'd like you to answer the following questions if possible. What causes the brain to respond negatively when it embarks on trauma? If you are on medication long-term, does your body become dependent on it that causes an adverse change when taken off? If serotonin is mainly made in your digestive

tract, which could help with depression, could diet reverse or aid in depression without medication?

Conclusion

Mental health has been a part of my life since before I knew its importance. Although my challenging childhood caused me to have access to the negative side of mental disorders and deal with the struggles, this has allowed me to be more considerate of others with the same issues. Furthermore, I am eager to learn and potentially find a career in psych nursing to finally have the answers I've been looking for and help those silently suffering.