

**Psychiatric Mental Health Nursing Journaling Assignment**

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August 23, 2022

Module 6 of Nursing School at Covenant is focused on both OB and psychiatric health however, for this assignment I will be focusing on the psychiatric portion of the module. I will be discussing my own experiences with mental health, my personal beliefs and perceptions, fears or concerns I may have while learning about psychiatric nursing and being involved with clinical experiences throughout the module, and finally my expectations for the module and what I hope to learn from this experience.

When I was growing up I suffered from many mental health issues that honestly caused a lot of problems in my life and the worst part was not understanding why I was having the problems and instead of learning early on that it was due to psychiatric issues which were out of my control I believed, and was treated as if, something was wrong with me, sometimes even being punished for it. It all kind of started when I began to exhibit severe issues of OCD which caused me to not want to touch or be touched by certain things or people. I could not explain why but I just felt sick if I touched certain objects or people and would have to wash my hands frequently. Unfortunately, I had no control over who I felt like I needed to avoid, it was seemingly random, and it began to affect my relationship with my brother as I avoided touching him or anything he had touched. I couldn't explain why it was focused on him or why I felt the way I did and was constantly washing my hands as a result. My parents did not know how to handle it and unfortunately would sometimes punish me for it thinking I was doing it by choice out of some sort of malice for my brother. The OCD was the most noticeable mental issue I dealt with however, I also had severe depression, anxiety, insomnia, and ADHD. Eventually I was taken to see a psychiatrist when I was about 10 or 11 years old and was treated for the OCD. Learning why I was exhibiting these behaviors was a major breakthrough because I finally had an explanation for what was going on in my head and it educated my parents so that they could

better support me. After some therapy I was able to learn to distract myself from my own thoughts and change some behaviors which allowed me to touch and be around my brother without any problems. It wasn't until I reached my early 20's however that I was fully diagnosed and given therapy for my other mental issues. I learned to manage the OCD but especially when I went to college the depression hit me hard. I got to the point where I had to drop out of school because I just could not get myself out of bed to even go to class. Of course, it didn't help that I felt anxious all the time and couldn't sleep at night, not to mention the ADHD alone made it difficult to perform well in college level courses. With the support of my parents and family I attended a 2 week in patient clinic in Arlington Texas where I was officially diagnosed with depression, anxiety, insomnia, and ADHD. Thanks to the treatment I received at the clinic I was able to change the way my brain thinks and processes thoughts so that I can avoid allowing these issues becoming too debilitating. I did take medication for all of these issues for about 3 years and then made the decision to stop because I just didn't like taking so many pills every day and didn't necessarily like the way they made me feel. The depression meds kept me from feeling as depressed but they kind of just made me feel numb. The ADHD meds gave me focus and drive for certain times during the day and then made me feel like a zombie the rest of the day. The Insomnia medication affected my memory and even caused me to not be able to wake up when I needed to. I ultimately decided that I could control my thoughts well enough that I could manage these issues on my own without the meds. Now that I am in nursing school I have thought about once again taking medication for the ADHD as it can be quite difficult sometimes but so far, I have been able to get by without it. This is a very personal background, but I believe it's the best way to express my own experience with mental health issues. I believe it is extremely important to address mental health issues especially if they are seen at an early age. The same treatment

may not work for everyone, some people need persistent therapy over years, other people may need to stay medicated throughout their lives, but it all starts with recognizing there is an issue and diagnosing the cause. By understanding what the problem actually is and why it leads to the problems being exhibited people are able to gain peace of mind and support that leads to a better life.

My fear for this module is the same for all of the modules and is driven by my own mental health issues such as anxiety and depression and that is that I might fail. I will of course do everything in my power to succeed and will even maintain confidence that I am going to succeed however, there is always the thought in the back of my mind sprouting out of depression and fueled by anxiety that my efforts will not be good enough, that I will not be good enough. living with this fear is difficult but I am able to recognize the negative thoughts when they occur and correct my thinking so that I will not spiral out of control. Having a support system greatly helps with this because I can go to my wife or parents and be honest about how I am feeling and what I am thinking and they help me correct my thoughts and encourage me to keep going.

In this module I expect to learn a lot about psychiatric health even perhaps some new ways to think about and manage my own mental health. I hope to learn more about the spectrum of mental illnesses and how they compound and expand upon each other. I hope to learn more about the available treatments and what works for other people. I also hope to learn more about children with mental illness and how parents can recognize mental illness in their kids.

A lot of this is difficult for me to talk about and I've tried to keep it brief and not go into too much unpleasant detail, but I want to be honest about my experience. I believe my experiences will one day be able to help someone else that might deal with some similar issues.

It is for this reason that I feel I have to be honest and I look forward to everything I will learn in this module.