

**Journaling Assignment**

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The feelings I have towards psychiatric mental health nursing are those of excitement, curiosity, and a desire to understand how complex it is. I feel that, here until recently, society did not have an interest in understanding this topic, in fact, it was more of a stigma or taboo. When I think of mental health, I think of serial killers, rapist, multiple personalities, and the television show SVU, cliché, I know. However, the truth is, those are a sliver of the entire picture. Conversations about what mental health entails and how differently it affects one person to another is still very new to me. As a child, I was never taught how the power of the mind and a person's experiences affects the whole body, or, that mental health was even a thing. My experience with mental health is limited to a familial setting. In my eyes, I've only dealt with mental health at home. My family has a history of drug addiction, alcoholism, depression, and domestic abuse which all contribute to mental health and let me tell you, the dysfunction in my family was normal until I learned otherwise. I was able to get out, unfortunately, in my opinion, many of my family members are still "blindfolded". I strongly feel that a few of my close family members have bipolar disorder but aren't clinically diagnosed because we weren't taught to seek professional care. We never talked about it nor was it encouraged. As a young adult, upon meeting my husband, I became present to how mentally ill I was. I had to undo many years of emotional and physical trauma. Unbeknownst to me, I had to make different choices and choose to live a different lifestyle. Little did I know... I had to be the one doing all the undoing. My belief about mental illness is that education is key and that cultures should be taught the real-life

effects mental health has on the family. I believe that there are generational curses that must be broken by the reframing of one's mind. Only then, will a person have the power to create a new life with different possibilities. Afterall, you are what you believe. My concerns about this experience stem from my emotional personality. I am a cry baby and I empathize like no other. It would be fair to say that I wear my heart on my sleeve and that could be either good or bad. I pray that I will handle whatever situations may arise in this module with poise and emotional control. My fears are that I will become present to things in my life that I have chosen to forget. I know that will come, but I am ready to face and conquer what has molded me into the strong woman that I am today. I am interested to see what coping mechanisms I utilized to overcome my own battles. Regarding my future clinical experiences, I expect to have a deeper understanding on what mental health is. I look forward to seeing how people with mental illnesses are treated and cared for. I hope to be nonjudgmental and encompass the weight these patients carry mentally. Although it may be hard not to judge, I must clean my heart and ears to hear my patients' perceptions and experiences of life. I would like to find answers to the following: why is it so hard to discuss mental health, why are people embarrassed to share their innermost thoughts, and why has it taken so long to make mental health a priority? The mind is such a sacred place, and we should choose to respect and cherish it. During my clinical experiences, my highest goal and priority are to practice nursing in a safe way. With mental health being so fragile and delicate, I will practice psychiatric mental nursing with the upmost care. I will achieve this by keeping my guard up and my heart open.