

Current Theories and Practice

Journal Assignment

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I personally, am excited for this module. I find mental health interesting and have family members with mental health issues. My dad was diagnosed with Manic Depressive Disorder/ Bipolar Disorder; so, growing up with someone like that was different. Also, two of my daughters have been diagnosed in the last year with severe anxiety and depression. I too, have suffered from anxiety and depression when I was younger. So, mental health is important to me. I am a little nervous about Sunrise Canyon, just because I don't know what to expect. I am sure that I will learn a lot of new things and I can't wait.

My experiences dealing with mental health issues have made me more understanding toward others and their mental health problems. I truly believe that you don't "get it" until you or someone close to you have dealt with it. Since covid, our younger generation has really been suffering with anxiety and depression and it is heartbreaking. I am glad that mental health disorders are starting to become an acceptable topic that is discussed. When before Covid, a lot of people felt ashamed to be dealing with such issues.

I am nervous to go to my clinical at Sunrise Canyon because I fear exactly how the patients are going to act. Are they going to be violent? Are they just going to be talking crazy? The unknown is intimidating, but I know that I can handle it. I want to learn and be better equipped for any future experiences I may encounter once I am a nurse. I have worked in a Dementia/Alzheimer's Unit at my job, so in my head, that is how I picture my clinical site.

I am going into mental health nursing with an open mind. I feel like I will be knowledgeable in some areas and hope to learn more about other issues. I want to walk away with a better understanding of mental health issues that I don't quite understand. Three questions I hope to get answers to would be: Why do some mental health issues go away over time and others you can never get rid of; how do I better communicate or interact with others who suffer from mental health issue and how can I be a better advocate for mental health in general? I am excited for this experience and hope to learn a lot.