

Journaling Assignment

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This paper is an insight in my experiences and thoughts of psychiatric illnesses. There are numerous disorders that fall under this category. I am not well educated on this topic and my experience is very little in dealing with these people. I do have a lot of emotions going through my mind hearing the words psychiatric illnesses. I also have many questions and feelings about the topics we will cover and these patients.

I would like to address my feelings first. I feel excitement, fear, interest, and sadness. Thinking about how majority of these people are lonely because it can be socially hard to make friends truly hurts my heart. A lot of people do not want to be around someone who falls under the psychiatric mental health umbrella. I am open minded and ready to learn how to safely care for these patients. To be the one to stay when others run away from them. I have no experience working with any type of Psychiatric mental health. The concern of getting physically hurt is there or being manipulated. These people are smart and will say just the right thing around you to get their way.

I personally do not have any experiences with psychiatric illness. It is so easy to hear those words and think immediately of the most severe cases and disorders. Living in a Hispanic household we are confined to our emotions and feelings. It is shameful to speak out and say you have a problem and need help. I know I have been around and talked to people with a psychiatric illness, but never medically diagnosed. Although, in my hometown we have a woman with schizophrenia walking around with a fake baby. It is crazy to see how everyone can be affected differently. I even believe my friend has bipolar disorder but she has never been diagnosed so I do not know for certain. Her highs are high and her lows are low.

My knowledge of any type of disorders comes from college classes and movies. I know they can be a result of chemical imbalances or even drugs. These people need the most help because it is not something they can control most of the time. Medications are expensive even bus fees, so going to Dr. appointments are not an option at times. They are misunderstood and have strong emotions that are too heavy to bear. Any triggering even can cause them to act out as well. They might have physical issues that can affect their ability to have a steady job and make any income. Which spirals into a never-ending cycle that can lead to homelessness. In the end they never get better or the help that they need to be successful in their life.

My fear is getting physically assaulted. I know I have to be professional and cannot fight back in protection. I am aware that the majority of these people can't control their actions and thoughts. These fears come from stories and online videos. I do take what I hear with a grain of salt but, you could never be too sure. These thoughts and emotions put me on guard most days and especially when I get put in an uncomfortable position. I am a very vigilant person. What if I let my guard down one day and it makes me vulnerable to any action to be done against me. Being a woman in this day and age does not help my case and adds more stressors. I respond well in acting fast in most situations when I am in trouble. There is that percentage of the time where I tend to freeze out of fear.

Lastly, I expect to be able to safely handle these patients. How to deescalate situations because I am not sure if I truly know how to. I hope to learn skills and tricks to give the best care to these people. My questions would be "How do I safely administer medication to psychiatric patients?", "How do you talk to these patients in a way that does not trigger them?", and "How do you deescalate situations?". Although I am not an expert in this subject or even know how to

approach these types of patients, I am ready to learn. I hope to truly help these people as much as I can.