

Sydney Griggs IM6

03/19/2023

Current Theories and Practice Journal Assignment

Sydney Griggs IM6

03/16/2023

Current Theories

### Reflection

I have a personal experience with mental health disorders. I am excited to take this course because I feel like I will be able to learn more about myself and those around me that suffer from mental disabilities. There isn't anything that just stands out to me that I feel like would be a trigger for me. There is so much to learn about mental health disorders because they are much more common now than they were 20 years ago.

My personal experience with mental health disorders comes from working on a psychiatric unit. I have worked on this unit on and off for 2 ½ years as a clinical partner. I have seen addiction, suicide attempts, patients with suicidal ideation, prisoners, and much more during my time here. These patients just need someone to love them, have compassion for them, and listen to them. I truly believe that these patients go to extreme measures because they feel like there are no other options. I view it as a final cry for help.

As far as my mental health disorder, I suffer from depression. I currently take meds to help combat my depression. I have suffered from depression since I was in high school. I have been off and on when it comes to my medications. One thing I always believed was I could do it on my own and I didn't need medications to be happy but boy was I wrong. I have been taking my meds consistently now since Thanksgiving and I feel like a completely different person. Others around me have made comments about my attitude and personality being so much happier and easier to be around since starting my medications again.

When it comes to my fears and concerns, I don't believe that I will have any regarding mental health as a whole. I think my biggest fear is interacting with these patients and not knowing their triggers. I could accidentally say something or do something that is a trigger and it could upset them. Everyone handles things differently so my biggest fear would be triggering a patient that could become extremely upset or even violent depending on their past. Respecting these patients, being compassionate, and knowing their boundaries is my main focus. I know that some accidents can happen however, I want to take as much time as possible to learn these patients and genuinely help them because if they are taking the time to reach out then we should offer them the best resources possible.

My expectations for this module would be to learn how to interact with these patients and how to handle their triggers when they occur. Some questions I would like answered would be, what chemical imbalance occurs to cause depression or what causes depression as a whole? What resources does Lubbock have available to help these patients when they reach out in need of psychological help? Are their inpatient resources for those patients that need 24 hour supervision or that are a danger to themselves when alone? I am very excited to learn more about my mental illness and what I can do to help make the bad days easier. My expectations are really high for psychology because it is so much more common now but still very few people reach out to receive help so when they do, we MUST take advantage of that and help them to the best of our ability.

Mental Illnesses are so much more common now than they were 20 years ago. The stigma that mental illnesses can be fixed with time and just changing your mindset is out the window at this point in my opinion. We are the ones that these patients entrust their mental health with and I feel truly honored to be someone that can make a difference in their life by just

being a nurse. My biggest goal when it comes to my life is to change the lives of others for the better because there is already so much negativity in this world. The least I can do is be a positive light in their life and make them feel less alone.