

Current Theories and Practice Journal Assignment

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To start off I want to say that I am very interested in learning more about psychiatric mental health. There has always been a lot of that in my family; specifically, my mom. Her having mental health problems has affected me in a not so positive way throughout my life. Although most experiences with her are negative, it has helped me learn how to help people with mental illness in a positive way.

At this moment, I don't have any concerns about taking a course and doing clinical regarding psychiatric mental health. I know that this will better me overall as a nurse as well as just in life going through certain situations that I'm put in. My only concern is that some situations during clinical may trigger me because of what I have gone through with my mom. That doesn't necessarily mean that I have any fears about going through this module, but it does weigh a little heavy on my heart because of my past experiences.

I am very eager to learn about all the things that have to do with mental health because I also struggle with things pertaining to what we are going to talk about. It will not only help me better understand myself and my mom, but also all the thousands of other people struggling as well. If I am triggered at all I am not sure how I will respond to that, I usually am only triggered by my mom. I am a very emotional person, so I will most likely end up crying at the end of the day if it affects me badly. I highly doubt that it will happen, but crying is usually what I do if I am really bothered by something. The one thing that my mom does that will trigger me, is talking down on me, and just simply degrading me. I don't see that happening to me at clinical, but I suppose you don't really know what could happen. The mind is a beautiful thing to me, but if it is sitting at 50% or even 70% health, some things just don't work the way they should; especially if we don't have positive/good coping mechanisms. My mom is a very touchy subject for me to discuss so I apologize in advance if I don't give in depth past experiences.

On another note, I have some experience working with patients that have mental health problems because I work at the hospital as a CNA. The primary reason that brought them to the hospital 99% of the time isn't related to mental health, but that doesn't mean that they are struggling with things outside of that. Each patient has their own stressors that affect them every now and then, if not daily. I can't tell you how many times I've got the chance to sit with a patient and let them talk to me about what is going on in their life. It isn't always negative, but it is good to let them express their thoughts and feelings because they may not get the chance to do that often. Most of these patients don't even have a diagnosed mental health problem because most of the time it goes undiagnosed due to multiple reasons. I am just glad that I get to help them, even if it is just me sitting there listening to what they have to say.

My expectations for this module are to really dig deep into mental health and come out at the end knowing more about how to handle certain situations and how to maybe even better my own mental health. What I really hope to learn throughout these eight weeks is how to handle a person with severe bipolar depression; that is my main goal. I'm not sure if we will go into depth over that subject, but I at least hope to better understand it generally. I would also like to learn more about anxiety, positive coping mechanisms in particular. I don't know much about mental health, only my experiences with my mom. I do know that it is a huge part in dealing with day-to-day life, so it is important that we are mentally healthy. Even if we aren't 100%, we need to learn how to deal with things in a positive way so that we don't further decline our mental health. I personally haven't found the best way to cope with my anxiety, so I am hoping that I will learn a few ways or at least one way to cope positively, instead of negative ways that I am used to.

In conclusion, I am excited to get the opportunity to learn about mental health because everyone has situations in life that alter their overall mental health and I want to be able to help

them to the best of my ability. It is important to me to understand more about this topic, mostly because of my mom.

The questions that I would like to find the answers to during the module are:

1. What is bipolar depression? Does it present the same for everyone?
2. What are some resources for a person with bipolar depression that doesn't have insurance?
3. What are some good coping mechanisms for a person with bipolar depression?