

Current Theories and Practice Journaling Assignment

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I have been looking forward to learning about mental health since the beginning of nursing school. I was always someone who in high school and college took extra psych courses just because I am very fascinated about learning about the brain and how these illnesses can affect people in certain ways. I am wanting to go into med-surge or acute care, and I know that there is a lot of different types of mental illnesses that can be seen when working on a general floor so I am looking forward to gaining some knowledge and clinical skills in this area that will help me in my career. I am also hoping maybe it will open me up to new experiences and peak my interest in other areas that maybe I was not aware of before. I have heard such wonderful things about the clinical side of mental health, and I think it's a really unique thing that we get to experience so I am looking forward to that the most.

I myself have had multiple experiences with mental and psychiatric illnesses personally, and with friends, and family. Since high school I have struggled with depression, anxiety, and anger management issues off and on pretty badly and have seen a therapist since I was a little girl. I have a sister who recently was diagnosed with a bipolar disorder. Addiction disorders run very strong in my family, and we have dealt with that since as long as I can remember, and I believe we always will. To me there is a very big stigma around these things where I feel there should not be, I personally am very open about my struggle with my mental health and the things I need to do to manage it. I find it empowering to ask for help when I need it whether it be someone to talk to or medications that I am on, and It is sad to me that so many people feel ashamed or have to hide these things because of the way it has been labeled in the past.

I am not sure that I have any specific fears or concerns when it comes to lecture or clinical for this part of the module. If anything, I will be more interested to learn about addiction just because growing up I didn't understand it and because of that I had resentment for such a long time. I spent years of my life being angry at my mom or sister for something I couldn't understand and there are still

times I forget and tend to get frustrated. I would like to be more educated in that field and maybe see it from a different perspective, as a nurse and not as a daughter or a sister. I am lucky enough to be pretty aware of my thoughts and emotions and knowing when to step away and even though I cannot imagine me having any triggers in this module I know if it came down to it, I would be able to recognize if I needed a break. I want to be able to understand and empathize with my patients so I can give them the best care possible and some days that may mean having to put personal feelings or memories aside and I am fully capable of doing that for the best interest of myself and my patient.

My expectation for this module really is just to have fun and enjoy what I'm learning. I really and truly do love learning new things and the more interesting it is the better and mental health has always been a big interest to me. I am hoping to really learn and understand some of these diseases because I know they affect so many people and they can and possibly will affect my patients and if I can be a resource to them then maybe I can help them in more way than one. My first question that I would like to find an answer to during this course is how serious are mental illnesses taken on the clinical hospital floors and are the resources really being used? My second question is what are the addiction rates in Lubbock and are they higher or lower than other cities in Texas or other states? I think my third question would be how genetically high do psychiatric illness run in families? This question peaks my interest the most just because of how my family is I am constantly worried that one day it's going to happen to me, or I worry about the future of if I were to have kids if they were to be diagnosed with something and how that would affect their life.

I am so excited to be in this module and I am looking forward to learning everything I can and being able to add more tools to my belt that will advance me further into my career. I know getting to go to Dove Tree and the other facilities is very rare, so I am incredibly thankful that we get that opportunity in general I cannot wait to see what IM6 holds for us!