

Journaling Assignment

Topic: Current Theories and Practice

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Truthfully speaking, I am very excited to be in this module and learn everything I can about Psychiatric Mental Health Nursing. My undergraduate degree was in Psychology and I find the topic very interesting. I did not pursue graduate school but I am very interested in exploring the mental health path in my nursing career. I do not have an extensive background in psychiatric mental health, however my grandmother was diagnosed and lived with dementia and mood disorders for many years of her life. I would like to consider that my first-hand exposure to mental health disorders outside the clinical setting. I had to observe, learn and adapt at a very young age and honestly, I think that is why I chose to pursue Psychology in college. I knew it was an interesting topic, I knew it was a vast topic, and I knew many people experience mental alterations all the time. And as I grew older, met more people, learned more things and become more exposed to the world, my eyes were opened to a new side of mental health. I would not categorize these issues or topics as “fears and concerns” however it requires a higher degree of intuitiveness whenever you are exposed to the more “dangerous” side of mental health. For example, PTSD, as I met more people in my life, I was exposed to more things, naturally. And I am not sure if it’s because of the worldly events that transpired in my lifetime but it seems as though there are an abundance of people my age who served in the military, both men and women. Some of these people who have served are my friends and in our friendship they have shared some grievances but most importantly their diagnoses of PTSD and daily habits they have incorporated into their routines to adapt to their mental health alterations. I find it very hard and heartbreaking that people my age and even younger experience such life altering diagnoses and although they are grateful to be alive, they also expressed how hard it is to balance everything and live a “normal” life. Many have expressed how it is important to tackle life one day at a time

to prevent themselves from becoming overwhelmed. I believe that we can do better and do more in regards to mental health awareness. I believe that all of us experience mental health alterations from time to time and it only varies in degree of severity. For example, I become depressed when I'm overwhelmed from school or other aspects in life, however, I am not clinically depressed and it does pass. On the other hand, people who experience death for example, might experience depression for a longer period of time and they might find it harder to overcome this season in life. With that being said, I think it is important for all of us to recognize how important our mental health is and how it affects our overall well-being. I believe that mental health goes far beyond "how you feel" or "what you think". I firmly believe that our life experiences alter us in a neuronal and alters how we think, feel, interact, and everything else in between. I also believe that these alterations are beyond our control and in order to "change" it, we need to "change" our overall well-being. I also believe that mental health alterations are experienced in different levels/stages and length of time. For example, the trauma of experiencing your parents' divorce at a young age will "chemically/neurologically" alter you differently compared to if you fell and broke your leg. Further proving that the mind is a very powerful thing to lose.

More so, I have high expectations for my mental health lectures and clinicals associated with it. I would like to have meaningful clinical experiences where I learn things and submerge myself into the topic. I am slightly concerned about safety during clinicals but I am certain my nurse or whoever I am following will not place me in dangerous situations. The three questions I would like to find answers to would be, 1. If there has been an identified route cause for dementia, is it triggered by ONE specific thing? 2. How accessible is mental health care? How much do they truly care? 3. What actions are performed, trials tested, before health providers prescribe mental health medication as the solution?