**Mental Health in Nursing**

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Psychiatric Mental Health

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# Mental Health in Nursing

When I think of mental health, the definition that comes to my head is the state in which your emotional and psychological wellbeing are in balance. Being a nursing student, taking care of myself can be hard especially with all the effort I put into studying and trying to balance a social life with my friends and family. Anxiety has been one of the major things I have struggled with since my first module in nursing school.

Other factors that have affected my emotional side is the stress, lack of enough sleep, having to worry about my finances and my tuition. It really hit me when I had to retake my Pediatrics course. I had a terrible mental breakdown and did not want to associate with my peers because I felt incompetent. Luckily, I have had a good support system from immediate family. They encourage and always make sure to check in on frequently.

A few years back, I did a few hours of clinical rotations at the Big Spring State Hospital and it's there I came across real life patients who suffered from extreme mental health illnesses such as Bipolar disorder, Anxiety disorders, Depression, PTSD, and of course Schizophrenia. I got to learn so much on these disorders from their medications and treatments. I learnt how to communicate with these patients and the importance of safety for myself and my patient.

Psychiatric nursing has been at the back of my head since. It is definitely a specialty I would consider getting into. Like any other nursing specialty, it is definitely rewarding. I came across an article not too long that said we need more mental health nurses and nurse practitioners in Texas. This is evident that we need more nurses to help take care of these patients. Personally, I am not one of students who shy away from mental health due to its stigma so this is one of those courses I'm definitely excited to take on this module.

My hope is to pass this module with an A. It might not be easy but I believe it is indeed doable. Mental health being something I am greatly interested in, I am ready to take on whatever challenge this

class throws at me. I hope to learn a lot from our two instructors who have had great expertise in this area.

I would like to conclude this article saying that nursing has opened my eyes in so many ways and taught me how to critically evaluate a lot of situations in my personal life and the outside world. I am grateful for this opportunity to learn about mental health and become an advocate to my patients. This module is going to be one of those that I enjoy so I'm certainly enthusiastic. I hope my peers recognize their own implicit biases on matters of mental health and strive to be better take care of our patients now and in the future. Understand the usage of better language around patients so as not to offend them.