

Covenant School of Nursing Reflective

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<p>Step 1 Description</p> <p>These events were published in November of 2012 and in this video, I watched three separate families' children talk about the changes in their lives as they are faced with challenges involving lack of money and resources. These families face challenges that effect their lives mentally and physically due to lack of steady employment opportunities, cost of food/bills, and being laid off of their work- place. Throughout the video these three families show different ways they earn money to pay bills, to be able to afford food, shelter, and storage, all while trying to avoid homelessness.</p>	<p>Step 4 Analysis</p> <p>These families were struggling to afford housing bills and food which lead broader issues to arouse like acknowledgement of the lack of help from Americas government, just shows that it's very hard to pick yourself back up on your feet if a tragedy out of your control were to happen. These parents in the film felt so defeated at one point and exhausted all their resources and options and it still wasn't enough. This overwhelming stress even caused some parents to have depression and anxiety knowing they weren't able to maintain a stable environment to their children even though this situation they are in was not intentional.</p>
<p>Step 2 Feelings</p> <p>Throughout the video I felt a wave of sadness because knowing there are so many people out there who need help makes me feel as if I should be doing more. I also felt selfish because I complain about small inconveniences such as what snack I don't want when people would love to have snacks available, food is something I often take for granted. I also felt empathetic as I can relate to these struggles. No one deserves to be hungry or cold, the most important feelings that were felt was gratitude because now I can look back and truly appreciate all I have now and hope to make a difference for people who need help.</p>	<p>Step 5 Conclusion</p> <p>To me the parents in each household were trying to improve their situation by applying themselves for jobs even if it was a short amount of time or maybe something not ideal. It is hard to say they could've been done something differently but maybe trying to ensure that the children succeed in their education, sending them to school to be a priority. It doesn't necessarily help them, but it doesn't put the kids a step back and making it harder for them. In this family's case it was hard to do so due to lack of transportation and money for gas if it meant missing school versus eating. From these incidents I learned people can be struggling and trying their best and they still fall short but giving up is no longer an option when you have a family to provide for.</p>
<p>Step 3 Evaluation</p> <p>The good that I saw is even though these kids are facing these hardships they still continue to work hard and have hope for change. I noticed it was difficult at school to maintain a good education from missing classes and the bullying these kids faced simply due to their clothing can be really difficult and distracting. I was hoping for a better outcome for these families, but the reality was debt keeps building and it is very hard to get back on your feet once you lose a job and or home.</p>	<p>Step 6 Action Plan</p> <p>The lessons learned from watching these families is to be grateful and never take for granted any position you are in because anything can happen. Being selfless and understanding that every situation is different, and you truly do not know what people are going through will prevent me from assuming any information for my patients. Providing the utmost and best care to each patient as many people have different struggles. These parents found jobs and did what they could and that's improvement. These families were trying their best to improve their situations and I found it very inspiring how these children even never gave up either.</p>

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