Module 6 Journaling Assignment

Alexandra Redman

Covenant School of Nursing

I think it is great that Psychiatric Mental Health Nursing is included in nursing school. In the past, mental health was never talked about, therefor it was never treated correctly. I am excited to be able to learn about the different types of mental illnesses and how I can help my patients deal with them. I have dealt with mental illness in my life whether it be family members, friends, or myself. I think it will be interesting and very useful to learn interventions that I can not only use in the hospital, but also take home with me and use them in a personal setting.

Unfortunately, I do have past experience with psychiatric illnesses. I have a family member that has dealt with bipolar disorder her entire life. I have also struggled with anxiety since I was about 17 years old. Some people believe mental illness isn't a real condition. Having dealt with it personally, I understand that mental health is just as important as physical health, because they coincide with one another. I believe mental illness should be treated just as any other physical illness when it comes to a medical setting or environment.

I don't have any fears or concerns during this module learning about mental health. I have been lucky to where none of the illnesses I have had to deal with in my life have created triggers for me. I think this is a positive learning experience because as I said before, mental illness has never been a focused topic of conversation until the last few years. With that being said, I think it is great that we are bringing awareness to this issue. I think personally, if I was dealing with a patient with anxiety, I would be able to relate to them and hopefully teach them some techniques I have learned over the years that have helped me.

My expectations are that we learn useful interventions to not necessarily treat mental illness, but more so how to cope with them and better understand them. I am hoping to learn what I can do to make a patient feel as normal as possible. Some people may be embarrassed

they are dealing with a mental illness, or they may not understand why they have a mental illness

when their brother or sister doesn't have one. I want to bring confidence to these patients' and

help them understand that it is not their fault and it is nothing to be ashamed of. Three questions I

would like answers to would be; how can we bring better awareness to mental illness, how can

we help individuals struggling with mental illness cope better with their problems, and last, are

medications a better choice for dealing with mental illness or are nonpharmacologic techniques

more helpful.