

Journaling Assignment: Current Theories and Practice

Jacklyn Morales

Covenant School of Nursing

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Dr. Annie Harrison, Ms. Jaynie Maya

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I am eager to learn and participate in research regarding Psychiatric Mental Health Nursing. I have personal experiences with depression, anxiety, and post-traumatic stress disorder. Because of my personal experiences, I do have some concerns with certain triggers we may discuss throughout lecture. However, I am confident that I will be able to learn more about the brain and how the body reacts to these disorders as a whole.

My experiences with psychiatric illnesses ranges from me personally, to my family struggles, and even close friends struggles. I personally struggle with severe, and sometimes debilitating anxiety, depression, and PTSD. My mom struggles with depression, my son struggles with anxiety, adjustment disorder, and is currently being evaluated for autism, my brother struggles with bipolar disorder and a range of other things, and I've lost close friends to suicide, which was likely a result of their uncontrolled and untreated depression and trauma. If there is anything I have learned from the range of experiences I have had, it is that having a mental or psychiatric illness does not mean you are not capable of living life. It does not mean that you are a burden. I have learned that there are so many different resources, medications, and therapies to help those with psychiatric illnesses cope.

When struggling with a psychiatric illness, there are always fears and concerns that come along with it. I worry that there are things that can trigger me without even knowing that they are triggers. Sometimes, I will not even realize that something was triggering until it happens and then I am left in a panic or anxiety attack trying to talk myself down. I also believe that the way I was raised really contributes to how I behave and respond to these triggering situations and emotions. My siblings and I were never taught how to navigate the big emotions we were feeling, we were always hushed, sent to our room, or dismissed. Because we were never taught how to navigate those emotions, I have realized that when the world feels like too much for me

to handle, instead of working through those emotions, I reclude myself in those feelings and typically end up in a depressive episode. As you can imagine, these types of trauma responses can be difficult to work my way out of.

In the least offensive way possible, my expectations for this module are minimal. I've learned that if I have minimal expectations, I cannot really end up disappointed. I guess you can consider that another one of the many coping mechanisms I have attained over the years. I do hope to learn more about the body response to trauma and anxiety. I also hope to see a range of other psychiatric illnesses during my clinical rotations and how different treatments effect each patient. The three questions I would like to find answers to during this course are: Is anxiety and depression hereditary or are there certain instances in our lives that cause it? Which treatment is most effective for diseases such as schizophrenia? Are there different genetic markers for psychiatric diseases that we can test for at certain ages to see if someone is predisposed to a particular disease?