

## **Journal Assignment**

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For this upcoming module regarding Psychiatric Mental Health Nursing my feelings and attitude is genuine interest and curiosity on what exactly the nurses do in order to help these patients. I have some clinical and real life experience with psychiatric patients whilst working at the hospital and other previous jobs which exposed me on how to properly handle certain situations and how not to. For instance, the first time I saw a patient experiencing a manic episode it was a little frightening but also heartbreaking because I know that they truly had no control over what they were going through and no way to actively handle their feelings/emotions in a calm, effective manner. Mental health is a topic that not only needs to be destigmatized, especially in the male population and in certain ethnicities including Mexican households as I come from, but needs to be properly addressed and talked about. Including, on how to better handle any and all situations where a person is wanting to harm themselves or others but still trying to seek help.

My personal experience with psychiatric illnesses is anxiety but not to the extent of needing intense or any psychiatric help but therapy is something I am starting to implement in my life and want to help change the way I handle and deal with it. However, I also do have some experience of what depression and suicide have done to my family as well. It was a distant cousin who after going through a very traumatic fatal car accident that took the lives of two people, including his car and friends, decided to take his own life the following week of the accident. All because they decided to have a race right after leaving graduation rehearsals. It became too much for him especially with senseless ignorant people also shaming him and taunting him about what he had done when he was only 17 years old, granted it was not a smart decision but a massive reckless mistake, still he was overwhelmed with despair and guilt and was experiencing an immense amount of stress and just needed a voice or reason to help him through

that terrifying time. Because of that I try to be more mindful of what I say to others and try to think of ways to check in with people and be more insightful of what they're going through. Which I believe will help me in my nursing career by not only being patient with my patients but also having an understanding how much mental health and mental illness can truly affect the mind and how hopeless it can make you feel.

One of my fears and concerns in life is not being brave enough to do and say what I want with the confidence and power of knowing who I truly am. I don't think anything necessarily triggered it but through an accumulation of things that happened in my life. Like how losing a cousin in a car accident who was around the same age as me was hard but not the catalyst of that feeling but was a tragedy that showed me the toughest aspect of life, death. Which spiraled me into wanting to "take control" of my life and figure out who I am before it's too late but is something I've come to realize is that it takes time to figure yourself out. Yet even with my fears and concerns in life I am grateful and understand how lucky I am to be of sound mind and not go through unimaginable things other people around me do, including any mental health illnesses.

My expectations regarding this portion of the module is to know how to better handle patients who are more aggressive or relentless and how to effectively calm them down while de-escalating the situation as a whole. I hope to learn how to better handle myself during these conversations as well since I tend to take things personal and really don't like being yelled at but hopefully I can gain insight on how to step back and understand how they are feeling. One question I would like to find an answer towards would be how to identify and intervene correctly when and if I ever see the signs and symptoms of someone looking to end their life. Another question I would like to have answered would be to know more about certain types of medications and how crucial they play a role in mental health as well. My last question I would

have that I want answers to would be to know what resources and options I can give to my patients who are going through a hard time including places like rehabilitation centers and in-patient facilities.