

Journaling Assignment

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I am excited to learn more about Psychiatric Mental Health Nursing. I think it will be interesting to find out more about how these diseases manifest in people and what it is like to live with psychiatric mental health issues. I expect that it will be tough at times in clinicals to see what these patients are experiencing, but I am intrigued by mental illnesses and looking forward to learning more about them. I have no experience with diagnosed mental health disorders myself. I am a little bit worried about the clinical aspects of it, but I am always nervous for clinicals until I get there and settle in. My fears are mainly about not knowing what to do in certain situations and unknowingly making things worse for my patients.

I do not have much experience with psychiatric illnesses. I took a few addiction and recovery classes when I was at Texas Tech, so I have a little bit of knowledge in that area. I think mental illnesses and mental health are being talked about more now than they have been previously, but I think mental illnesses are still underdiagnosed and many still go untreated. Today, people are more aware of mental illness and how important mental health is to overall health. I believe mental health affects the whole body, and better mental health will alleviate physical manifestations that people may not realize are connected to their mental health. There is still a stigma around mental health and reaching out for help that causes struggling people to not go through with contacting a therapist or asking for help. There is still this idea in society that people who have a mental illness and get help for it are weak or that they somehow brought it upon themselves. I think people can also feel overdramatic for getting help with their mental health or for seeking out a therapist because they think that they do not have it as bad as others. People can also be very afraid of what others would think of them if they knew they were getting help for something to do with their mental health. There is also this idea that people will “grow

out of” depression or that mental illness is just a phase that will go away on its own, but that is not true. I think people with mental illnesses are easily misunderstood, and the portrayal of people with mental illnesses on television and in our society makes it easy to be afraid of them. I believe that culture plays a huge role in people’s perceptions of mental illness and how likely they are to get help. I think it is also still harder for men to seek help for mental health issues than women because of parts of their culture, like toxic masculinity that says that people should not ask for help or are weak for doing so. Overall, the stigmas around mental health are better than they have been previously, but there is still work to do.

My main fear is that in trying to help, I will do or say something to make a patient feel worse. I do not think there is something that triggered that fear. I just think it is easy to hurt someone if you misunderstand them. I am also concerned that a patient will be violent, and I will not know what to do or how to make it better. I am just worried about the patients being unpredictable and not knowing how to calm down an aggressive patient, but that is why there is a nurse with us.

My expectations are that we will learn about many different mental illnesses, how they manifest, and what treatments and therapies work for each one. I expect to see at least a few different mental illnesses in clinicals and be able to recognize them and know how they are treated based on their clinical manifestations. I expect to see the nurses communicating therapeutically with their patients. I hope to learn more about schizophrenia, specifically how nurses deal with and respond to a patient’s hallucinations. I hope to learn more about the symptoms of bipolar disorder and how to treat it because I had a friend growing up who was diagnosed with it. I hope to learn more about how to identify depression and anxiety in people and the best way to get people to seek help if they are struggling.