

Journal Assignment

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IM6Jan 24: Current Theories

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January 15, 2024

Current Theories

I am very interested in taking a course in psychiatric mental health, it interests me to learn about things that I have dealt with as an individual. I am ready to see the difference between the patients we see on a regular basis and patients who have psychiatric diagnoses. I have very strong feelings for this subject due to my past, I am ready to explore this type of nursing specialty and get a closer look into what goes on with certain individuals and what causes these patients problems and how we as future nurses help these patients. I do have a positive attitude going into this because I want to be able to help others the way I was helped.

My experience with psychiatric health has been a long journey. I have been in the medical field for almost 4 years now which has given me the opportunity to work with a few psychiatric patients and see how they are treated. Also, I have dealt with depression and anger in my past that led me to make some selfish decisions causing pain for myself and my family. I have also lost a cousin due to suicide, this past December made 2 years without him. Dealing with my cousin losing his battle has brought awareness to a lot of my family and friends. I believe mental illness is a lot of things, and I think most people want to be helped but don't know how to ask for it. I think depression and anxiety take over, causing the worst heartache and pain for some people, including myself. But I believe that there are ways to learn how to cope with whatever a person is facing and that any person who wants help can be helped.

I have many fears and concerns when it comes to mental illness. To this day I still deal with sadness and anxiety. I fear that I will let my big emotions get the best of me. When my cousin had passed, it had only been a week before I felt guilty and like I lost all control. I had a moment where I just could not deal with my emotions alone. I had to call my parents, which did

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worry them, but I asked for help. My parents picked me up in 30 minutes and never left my side until a few days had passed and I was ready to talk about what was going through my head.

These emotions I deal with do affect how I respond and behave, but I am glad I have grown and now know how to talk through these difficult feelings and ask for help when I need it. I can now respond in a more calming way than I used to when I face upsetting challenges or situations.

My expectations are just to learn more in detail about more diagnosis in the psychiatric mental health world. I have always known about anxiety and depression, but I want to understand what more people go through and see how they are treated and helped so that they can live a life that they love and enjoy. I hope to learn about coping skills and strategies so that I can help anyone who needs advice.

My 3 questions I want to be answered during this course are:

1. How many men are affected by psychiatric mental health? And how can we help men open up about their problems? Or how can we advocate for mental health awareness in men?
2. For people who don't want to take medication, what are more sources to help people with depression and anxiety?
3. How are families with a loved one who suffers from mental health? Do they fall into the same situation? Do they ask for help?

