Mental Health vs Behavioral Health

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A vast majority of the population struggles with mental health, as they do with other issues or disparities such as, struggling to lose weight, diabetes, kidney failure, cancer, and the list can go on. Yet, we overlook the problems that an individual faces on a daily basis. We may not take time out of our day to ask our significant other, "Is there anything that is troubling you, do you want to talk about it?," or a simple, "How was your day, everything went fine at work?." People feel isolated, alone, or hopeless when everything has gone wrong in their life or they can't find a solution to a problem. We need to be able to help those who need that helping hand, whether it be through having a simple conversation with each other or seeking more professional help.

My thoughts and feelings through getting a deeper look into Psychiatric Mental Health this module will either have heartache or open my eyes; let me explain. As I said in the beginning, a vast majority of the population struggles with some sort of mental health problems/disparities, whether it be anxiety, depression, schizophrenia, etc. We all had moments of road blocks where we didn't know what to do in life or you felt the saddest you ever felt, well I too had a moment like that. When I say "have a heartache", I mean, feel a sense of connection for what these patients are also feeling. It also coincides with opening my eyes. Opening my eyes to have a deeper and more thoughtful relationship with my patient. They just want to know that they are being heard as an individual. That their problems aren't being dismissed by pills and side conversations, because at the end of the day, we want to make sure they get the right treatment and help.

I have no experience with psychiatric illnesses besides what I have learned and seen through friends, TV shows, and schooling. What I do want to address today about my belief about mental health is the difference between <u>mental health and behavioral health</u>. I follow this

resident who is in psychiatry in Maryland – he makes quirky, silly little tiktoks about med students and residency but as of lately he has been posting more educational videos about psychiatry. In one of the videos, he was explaining how people consider mental health and behavioral health to be the same thing. He states, "It implies that the disorder is the way you act and not the way you feel" and "providers or other psychiatrists do it because of the stigma and fear it imposes if they call it mental health" to demonstrate the difference. I am interested in what he says because he disagrees with *behavioral health* and makes a strong argument in favor of using the term *mental health*; this is why I agree with him. Let's say you went to seek help for your anxiety or depression, you wouldn't say, "I am going to get help for my behavioral health," you would say, "I am seeking help for my mental health." Saying behavioral health to me seems as though you are seeking help for your actions, behaviors, and everyday life interactions with people. Yes, I do see where they may coincide with each other but mental health digs in deeper to your thoughts, feelings, emotions, and the root causes to what is causing these problems.

My fears and concerns for Psychiatric Mental Health is having to be a bit more confident with myself. I have had a hard time throughout nursing school trying to find that self-confidence; he's almost out. This module, I am going to have to work up the courage so I can be able to use my confidence in practice and clinical. How will I ever be a good nurse if I can't speak up for my patient? Not sure where this all started with me being timid and lacking confidence amongst teachers because around friends or close ones, I can talk! I believe it has to deal with being under high pressure circumstances and not making mistakes in front of professors, peers, or patients. You always want to look your best. I try not to let the pressure get to me though under these circumstances but I know that people can see right through me – trembling voice, sweaty palms,

stiff posture, and trying to talk about every single medication that the patient is receiving. This module, I hope that my confidence will come out.

My expectations throughout the module is to get a deeper grasp with the material and clinical. To fully understand the perspective of my patients and what they are going through on a daily basis. Have that one-to-one conversation that they are so longing for.

How can I be a better advocate for my patient?

Will I find confidence in myself to help others in need or myself?

Did I do the best I can as a student nurse?