Current Theories and Practice: Journal

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One of the most vital components of life in my opinion is mental health. It can affect your day-to-day life in a negative way, and it can also be detrimental to your physical health. I have different impressions on Psychiatric Mental Health Nursing, personal experiences with mental health, emotions that can be triggering, and questions I would like to have answers for at the end of this module.

I have many different thoughts on Psychiatric Mental Health Nursing. My experience with any type of psychiatric class if very limited. The only background experience I have is a college course that I took my sophomore year. I believe that this course is essential to being a nurse and having a successful career. We as nurses have to be able to take care of our patient's physical illnesses, but also be able to help them out with their metal problems.

My experience with mental illness is with social anxiety disorder (SAD). I have always been extremely shy and introverted. I would say I get this trait from my parents because they are not very outgoing people as well. I have always struggled with social interactions as far as I can remember. I can remember back to when I was younger I would avoid social interactions no matter

what the occasion. My parents would throw me birthday parties and all my family would come over, but I would prefer to stay in my room and play by myself. I would be easily overwhelmed and get very nervous because I would be the center of attention for that day, and I still struggle with that to this day. I get very nervous and anxious in any type of social interaction even if it's just hanging out with friends. Any time I have plans to hand out with my friends I still feel nervous even though I know everything is perfectly fine. The following day I constantly think about the social interactions I had the day before. I overthink the interactions to the point that I convince myself that I did or said something wrong, and that they like me less now.

I have some fairly common fears and concerns. I care about people's opinions way too much even though I try my best not to. I could have a completely different opinion about someone or something, but as soon as they express their opinion my view on it changes to fit their opinion. I fear that if I have a different opinion than them they would not like me anymore, and possible say negative things about me. Another one of my fears is public speaking. I get very nervous during presentations, and I have a difficult time getting a train of thought across.

There are a few things that I would like to learn this module. One of the first things I would like to learn is how to

identify and help a person with suicidal ideations. The next would be how to effectively communicate and provide positive feedback to patients suffering with metal health issue. The final thing I would like to learn is how to possible deal with my own mental health issues or how to start.

Metal health is one of the biggest components when it comes to taking care of and treating patients in my opinion. mental health affects all walks of life no matter what kind of life your living. It is very important that we learn these skills to be able to provide adequate care to our patients.