

Mental Health vs Behavioral Health

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Journal Assignment

Current Theories

Mrs. Maya

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Taking a course and having clinical experiences in psychiatric Mental Health Nursing makes me feel a little distressed just because I know what it is like to struggle with a mental health illness. It is very depressing sitting there knowing how powerful the mind is and not being able to do anything about it for these patients. I do have a few concerns on how clinical are going proceed and how the patients are going to act toward me. This is due to hearing some things in the previous module with psych patients taking advantage in certain situations.

My experience with psychiatric illness has been a struggle. Psychiatric illnesses (anxiety and depression) genetically run in the family. My sibling have struggled with anxiety just as bad or worse than I have, where they have had to be hospitalized. I think going through such a traumatic event at such a young age, on top of having a chemical imbalance in my brain has played a huge role in my anxiety and depression. About a 3 years ago I started to experience multiple panic attacks and realized medication was the only solution for the imbalance taking place in my brain. However, my father didn't think medication was the right choice and put in my head that the side effects of these anti-anxiety and anti-depressants were horrible. So of course the thoughts running through my head in that moment were not very pleasant. I choose to get a second opinion just because my father is a pharmacist and doesn't not necessarily believe medication is the answer to everything. I got a second opinion from my PCP: Dr. Salem. He suggested that I take Lexapro. I will state that Lexapro has been the best things that has happened to me. However I do understand that the medication I was put on does not work for everyone. You have to figure out which anti-depressant/ anti-anxiety works best for you personally. The reason I state that not every medication work for everyone is because: Months later after getting on Lexapro my sister began experiencing life threatening panic attacks and could not figure out what was triggering them. I recommended that she try Lexapro or some kind of SSRI's. She

ended up being prescribed Lexapro and it sent her in a downward spiral. She was waking up in the middle of the night shaking and not able to go back to sleep.. the Lexapro was doing the opposite for her and spiking her anxiety even more. She ended up dealing this for a good few months. She ended up figuring out what was a trigger and cut those things out of her life.

One thing I wanted to state in this paragraph is something I have personally experienced with my mental health illness and is a controversy topic. There are plenty of people out there that believe that there are healthier ways to treat your mental health illness instead of relying on medication. And these people will try to persuade you away from medication. But at the end of the day the majority of these mental health illnesses are a chemical imbalance in the brain.. and medication is needed to treat that...

My past experiences that have elicited an emotion of anxiety and or depression: pertain to children that are/have been sexually abused, an overstimulated atmosphere, and the fear of the unknown for patients whom struggle with a mental illness. These thoughts trigger me to spiral into anxiety and I emotionally just get to a point where I just shut off. I am trying to work on communicating how I feel in these moments and how to deal with my emotions in a healthy way.

I don't have any expectations. I would like to learn what are some triggers for those with certain metal illnesses and what coping mechanisms they use to deal with those triggers. I want to know if mental health illness is genetically related or not and how. And why mental health illness is not taken as serious as it should be. I really want to learn about schizophrenia and if these patients are able to live a normal life. What happens if schizophrenia untreated and how schizophrenia is treated.