

**Covenant School of Nursing Instructional Module 6 Assignment**

**Topic: Current Theories and Practice**

**Journaling Assignment**

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I am relatively excited to be taking a course in Psychiatric Mental Health Nursing, and the opportunity to be able to have these clinical experiences in this module. I have seen people struggle with mental health, and I think it is very important that we treat the mind just as we do the body. I like to think that it is not too much of a taboo any more in this day and age. There are so many resources out there now, and with the time of COVID we were lucky to see that mental health resources are more easily available. There are now websites like Better Help, and we have the opportunity to meet on the internet with therapists and get the help we need. I have struggled with mental health myself, as a growing girl in this world and have met with therapists, and even became medicated when I needed that extra boost of serotonin. For clinical, I am ready to see what we can do as nurses to treat those who need it. My only concern would be those that are not completely stable, how can we treat them while being safe for ourselves, Though, I know that there are safety measures that are there to keep us safe and the patient safe, which is something I am very interested in learning about.

When I was about nineteen years old, I struggled with an eating disorder, anxiety, and depression. It set me back in life, and kept me from starting nursing school for a long time. I knew that I couldn't take care of people without getting the help I needed, to care for myself. It was not until I was twenty years old, when I reached out for help at Texas Tech University and I met the nicest therapist. For so long, I felt that I was a burden and that sharing my problems with others was weak, and not something I should be openly speaking on. The therapist that I spoke with was kind, and reassured me that opening up and sharing my struggles was okay. I am the only girl of four in my family, and the oldest as well. I felt like when I did open up to my family about my anxiety or depression, they would push it to the side and look at it as me being dramatic, or looking too much into things. Yes, I was dramatic at times and I did overthink a lot,

but I wanted someone to tell me that it was okay or to give me the space to open up about what I struggled with. I was prescribed lexapro in January 2021, and I immediately saw improvement in my mental health, paired with the counseling appointments. My life changed for the better after getting help, and I am so happy that I was brave enough to want to get better. I hate to imagine what would have happened to me if I hadn't reached out when I did.

There are some concerns I have about triggers, but they are not too big and I think I am in a better place to understand that the past may be brought up, and that it's okay because it's better now for me. When learning about personality disorders, I do get nervous when I talk about narcissists. I knew one for very long, and was emotionally abused by this person, so when I learn about the traits and their behavior I find myself mentally checking the boxes off of all the traits this person had. It isn't too much of a trigger now, but more of a confirmation that I was used by this person and I know what to look for in the next person to keep that from happening to me. I try not to let triggers affect me, and if they do they affect me in the way that I will sit with my thoughts for a while. As I said, I am in a much healthier mindset so it is easy for me to ease myself in those situations.

My expectations for this module is to be able to talk to those about mental health, and how I can comfort them or help in any way. I like to talk about sensitive topics, but I am not confident in finding the right things to say. Communication is something I hope I can get better at in this module. My first question I hope to have answered by the end of this module is how mental health issues are passed on in families? I know that disorders can be passed on, though what is the process in genes and the body for that to happen? How can we keep people from having negative views of mental health? I think some of the older generations have really tough skin, and when mental health is brought up they seem to frown down upon those who are willing

to open up. How can we keep a healthy balance between work life and mental health? I have seen so many nurses say that their job has had an effect on their life, and that they had to leave the bedside to find something else that didn't take much of a toll on them. I don't want that to happen to me, and I am all ears to learning how I can take care of myself as a nurse.