

Mental Health and Me

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Over the past ten years mental health nursing and I have mingled as acquaintances only. I worked with two psychologists, whose clinic was intermingled with family medicine. My experience proved to be dismal at best. I would receive notification of a patient arrived in the lobby awaiting their session with the provider. I would identify said patient by name and date of birth. I would escort them to the room, where they would walk into their next steps of mental health. Over time, I would encounter patients in the family medicine appointment that would be referred to the psychologist in the office. This enriched my experience some by proving patients would be more compliant to treat with psychological intervention if provided by the same office of their family medicine practitioners. I believe this experience only scratched the surface of the psychological experience. At this point, I had no personal feelings about the mental health realm of health. One question regarding the mental health nursing experience I have is

My experience with mental health includes major depressive disorder, anxiety, PTSD, and I believe bipolar disorder, though the latter has not been officially added to my problem list. For these conditions have been medicated by a rainbow of chemicals. I tried the medication and found no relief that I felt was beneficial. When I was introduced to acupuncture and cognitive behavioral therapy, I felt relief from some of the intrusive fears and thoughts that would guide my day-to-day interactions with others and at home practices. I feel I am still in the journey to discover a healthier mental status for myself, one day at a time. I respect the mental health realm of medicine. Patients are people. Everyone goes through their own battles and comforts with mental health. The feeling runs deep and empathetic with each patient going through their battles as I have. In my opinion, listening first is the best medicine to start with.

Fear of the course and ongoing learning are concepts I do not like to admit that may guide my learning or thinking. I have a fear of love and trust. Triggers of this fear have been a snowball effect starting at a very young age in my life. Someone I care about was reading this section of the paper as I was writing it. Lack of trust in this person to not be judgmental by reading my paper stopped me from writing until now, as I continue. I find this paragraph to be the hardest to put to words and find a congruent line of thinking or expression. I learned my anxiety can get to the point of panic attack and frozen episodes. I must stop explaining my fear because the feeling is coming over me pretty strongly. A recognition of my journey to mental health is ongoing.

Expectations of the course are minimal at this time. I feel like the journey I am on is to discover more about others as well as myself in order to find a healthier outcome for those in my path. I hope to learn more about the trends of treatment value and practices for all types of mental illness. I hope to learn more about holistic methods to help some of my own barriers. The questions I have in mind for the course are where are the mental health resources for my local community? Does the community I live in lack a strong resource that is affordable for indigent patients that may be needing mental health services? Is mental health achievable despite a lifelong experience of thwarted definitions of the gifts of love and trust?

In summary, mental health or lack of mental health can affect anyone. No one really knows what is going on with someone they pass walking in the street, having lunch at the next table, or sitting in the same classroom. Being mindful of mental health and what is available to help guide others to a healthier mental state is subjective. Listening to one's idea of a healthier mental state is best explained by

the person experiencing the state of mind and goal of where that person would like to be.