I really enjoyed SIM, so I was excited, but with it being the last week of clinical and counting down to the end of the module, I was very anxious to finish it. SIM is always helpful to get a good understanding of what we are learning in class. I like it when there are fewer people during SIM because I think that we, as classmates, engage more and can bounce questions/answers off of each other to better understand areas with which we may struggle. The personalities of the group as a whole really came out for each scenario, and we all worked together as a team and even talked about the things we thought each other should work on. I was in the role of being the patient with anxiety. I was able to actually let my anxiety out in the scenario while also acting as the patient, and it really felt good to not fight to hold in how my body needed to move. I usually have to fight internally to keep myself so still, and with having ADHD, it is a much more significant challenge than you would think. Although I was acting as a very anxious patient while also feeling anxious, I felt very relieved at the end and almost relaxed to have been able to actually feel the anxiety and the movements of my whole body. The way I was taught to think about mental health from an early age and even now as an adult has changed so much since beginning this module and even more so now after SIM. Learning about the process of each illness and disorder has helped me so much to understand my own bipolar and anxiety. I think going from knowing that I have these mental health conditions to really understanding the process of them, I can use this to be more compassionate and understand what other patients may be feeling when in a crisis episode. This will, in turn, help me be more thorough in attempting to help them feel better.