

Journal Assignment

Journal Assignment- PMH

Brianna Fenton

Covenant School of Nursing

Ms. Maya

August 22, 2024

Journal Assignment

Journal Assignment

Mental Health has always been something I have a major interest in because it is such an important aspect in a person's life. I am very excited to learn what goes on in the brain and how mental illness works. I have never had a psychiatric patient in clinicals so I am very excited to speak with them and understand how to treat them in the best way possible. I feel as though I don't have any concerns learning about mental health, I am just very interested in it.

Growing up my mother struggled with addiction which led to her being bipolar and having severe anxiety and depression. These struggles led her to be in and out of my life and not know how to love her children correctly. I feel as though going through this growing up and continuing to go through it has let me have an understanding with mental health and how bad an individual can struggle with it. When I was a child, I had anxiety and some sadness about not knowing where my mother was and wondering why she didn't want to be involved in my life. This had led me to have anxiety and slight depression now, my mother being in and out has given me a fear of abandonment. This gives me severe anxiety because I always think about losing someone I love and I feel as though it prevents me from getting too close to people. Growing up with my dad I felt as though I couldn't talk to him about my feelings which has led to me now bottling everything up inside and feeling guilty for talking to people about my feelings. I have always struggled with severe self-esteem issues about my personality and my body which has given me severe anxiety and depression about wondering if people like me. I feel as though having phones and social media has created some of people's depression and anxiety because we are always comparing ourselves to everything we see online. I even suffered from an eating disorder that was caused by comparison to people online. Everything I have gone

Journal Assignment

through I have convinced myself that everyone goes through these things and I'll "get over it." Thankfully I realized that I needed medication but have struggled with finding one that works for me. The medications I have tried have not cured my symptoms but have just made me feel as though I have no emotion or care for anything.

I feel thankful going through this module for being able to understand what some of these people are going through so I can know them better. I feel as though I am most interested in learning about different hallucinations people can experience. In my opinion, mental illness is one of the most important things to learn about in nursing because most people have some form of it whether it be slightly or severe. We as nurses must learn the best way to care for psychiatric patients and genuinely listen to them to understand their concerns. I am interested in learning why individuals' brains react differently when they go through the same situations. Growing up I was taught to never be sensitive about things and to just "get over it", we need to teach these patients that they are allowed to be sensitive and what they are going through is difficult. We need to be sensitive, compassionate, and kind to these patients so they understand that we are there to aid to their needs. I am expecting to learn a lot of things I don't know and am also expecting to know a lot of things about psychiatric disorders this semester. Mental illness is so important and can lead to dangerous thoughts and even death to an individual. The stigma around mental health causes people to not get help and to cause intense thoughts to build up in their mind. This is the reason why we must treat it as important as the illnesses we can see. Mental illness should not be something we think lowly or be embarrassed of but something that we treat seriously.

Journal Assignment

A few questions I have regarding mental illness are: What all different hallucinations can you have with schizophrenia and how does it start in the brain? How do genetics play a role in mental illness? How does substance use eventually lead to mental health disorders?

Journal Assignment