

Journal Assignment

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I have a strong interest in psychiatric mental health in nursing because I find it incredibly fascinating how mental health functions and its profound impact on an individual. For myself, it started when I was two years old, and my dad left us to go to prison ever since then I've had abandonment issues. I never realized until I got older and the type of men I was attracted to. I also lost my grandmother back in 2015 due to cancer when I felt like my family just went separate ways because she was the family organizer. Once I lost her, I noticed the joy in a lot of things such as holidays started fading away. After she passed away things started going downhill with my family, they all started smoking and drinking heavily. I also never wanted to be like anyone in my family they are all smokers of marijuana and alcoholics but last year I went through a terrible breakup and drank for a whole month straight, I felt like a failure because I hate to see the outcome of intoxication or under the influence of any substances and I was following those same footsteps. I also have lived in a very toxic household growing up with parents arguing all the time and I think it has led me into the person I am today. I am a firm believer that how you are raised is how you will be, but I will break that cycle I am the 1st person to ever attend college in my family and to ever get a degree. Therefore, this is my biggest motivation is to change my broken family and be an advocate for them as well so that they don't have to stay at bare minimal jobs or lifestyles.

Recently I was diagnosed with mild bipolar disorder, it all started when I had a flashback from my childhood. I started having bad attitudes and going off on everyone for any little thing I didn't like or agree with. It started getting worse when people started telling me no to things, so I got in with a psychiatric doctor and she diagnosed me and started me on medications. I am currently taking a mood stabilizer called Aripiprazole, which has effectively mitigated my anger outbursts. However, my anxiety remains significantly high, for which I take Propranolol twice

daily. Additionally, I use Hydroxyzine as needed to manage severe stress and aid in sleep. These medications are essential for me as I tend to overthink, and certain childhood traumas trigger intense anxiety and even lead to phases of depression. I consistently attend follow-up appointments with my psychiatrist every other month to assess the effectiveness of my medications. Moreover, I receive valuable support from a therapist to manage. I think therapy is one of my best resources and I would recommend anyone who is going through mental illness to get in therapy.

One of my concerns is the potential development of schizophrenia. There are instances when I struggle to express emotions and harbor intense anger due to past traumatic experiences, often having intrusive thoughts. I also experience episodes of feeling disconnected from reality. I think I fear reality because I don't like to think about what happened to me when I was a child, so I must stay busy to keep going until I wear myself out.

For this module, I aim to acquire a comprehensive understanding of how to effectively support psychiatric patients, comprehend the necessity of medications for them, and evaluate the advantages and drawbacks of various mental disorders. My goal is to gain coping mechanisms for mental illness.

Questions I have. Is schizophrenia a permanent condition once diagnosed? Why does trauma have enduring effects on an individual? If medication proves ineffective for severe mental illness, what alternative interventions are available to aid the patient?