

Journal Reflection Assignment

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IM6 Current Theories

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In today's society mental health is more openly talked about and considered more important than ever before, so going into this module I feel like talking about psychiatric mental health won't be such a harsh topic. As a nursing student we are always under so much pressure and sometimes I can start to feel the effect of it on my mental health, so I'm interested to find out if we will learn any coping skills or anything to help me when I am not in a good place mentally. Another topic I am interested in is anxiety. I feel like as a nursing student, I've dealt with it a lot more than I had before, so I'm glad to learn more about it. Eventhough we can openly and comfortably talk about our mental wellbeing, i do fear some topics, specifically suicide/self harm.

As far as clinical, I do have some fears about mine and my peers' wellbeing, but I know I'm not there to judge or fear, I am there to help and learn. It will be good to see firsthand the patients who are dealing with what we are learning. It helps me make connections while studying, putting real patients to the material/conditions I'm going over. I am a new mom so I always just think of the worst now, but I know everything will be okay. We are in great hands with our instructors.

When it comes to my personal experience with psychiatric illness, I have lost a family member who unfortunately took their life due to suicide so i know how triggering it can be, especially not knowing what others in my class have been through or are dealing with. i'm not one to be triggered by suicide but i know it is a heavy topic and with me being a new mother im not sure how i will respond to it. I do think it's important to talk about and if it can save someone around me or help me recognize signs to look for in others, then even better. Another reason I'm interested in learning about psych because in my family, I feel like it's been normal to hide mental struggles and not talk about how you feel or what internal battles you might be facing, especially with older family members. Another personal experience would be my mom and dad,

they both have struggled with anxiety in the past and ive been able to see how they've dealt with it. My mom turned towards an alternative medicine route like essential oils, she's really big on them and even though I stand behind medicine, I can say I've seen first hand how they have helped her deal with her anxiety. My dad however doesn't really say he has anxiety, he just chalks it up to stress and nerves with his job, and that is the same for so many people, they don't take it seriously and kind of blow it off.

I do personally believe that mental illness is very important and I think everyone has had some sort of struggle with it whether it be very minimal or not. I think more recently mental illness has become a very real topic that's not just swept under the rug and not deemed as something that's not a real issue. I see that negative point of view on mental illness in the older generation which is unfortunate because personally I know many people who could have and still can benefit from being able to be open and accepted if they addressed their mental illness. I myself feel pretty comfortable discussing mental illness so i don't have many fears other than the suicide discussion, which i wouldn't even say is a fear more of a topic that i feel will maybe pull some emotions out of me.

My expectations for this module is to come out of it with more information about mental illness and be able to be a resource that knows more about how to help people deal with it/recognize it. I am also hoping to learn some healthy alternatives to managing anxiety, depression etc. I think it would be really beneficial for us students to know.

The three questions I would like answered by the end of the module are what are some healthy ways to deal with anxiety? Are any mental illnesses hereditary or has there been any studies that there is a link? Are there any non-pharmacological things you can do for all mental illnesses? I am more than sure I'll get the answers to these questions during this module.

