

## BASIC CONCEPTS OF PSYCHIATRIC NURSING

### WHAT IS MENTAL HEALTH?

ability to see oneself as others do

fit into the culture and society where one lives.

- a balance between a person's internal life and adaptation to reality
- a state of well-being in which a person is able to realize his potentials

### CHARACTERISTICS OF A MENTALLY HEALTHY PERSON

- *Attitude of self acceptance*—or the positive acceptance towards oneself. It includes acceptance of self and self awareness. A person must also have a sense of self identity, wholeness, belongingness, security and meaningfulness.
- *Growth, development and self-actualization*-- The person seeks new experiences to more fully explore aspects of oneself.
- *Integration*—a balance of what is expressed and what is repressed between outer and inner conflicts. This can be measured in part by the person's ability to withstand stress, and cope with anxiety.
- *Autonomous behavior*—involves self-determination, a balance between dependence and independence, and acceptance of the consequences of one's actions. It implies that the person should be responsible for his decisions, actions, thoughts and feelings. As a result, the person would develop respect of autonomy and freedom of others.
- *Perception of reality*—this includes social sensitivity, respects for the feelings and attitudes of others.
- *Environmental mastery*—enables the mentally healthy person to feel success in an approved role in the society. The person can deal effectively with the world, workout personal problems and obtain satisfaction from life.

# Basic Concepts Of Psychiatric Nursing

**Sudha Patel, Kim Jakopac**



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