

Reflection paper



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Mental Disorder This chapter explains several mental disorders, their possible symptoms, signs, and the development of various drugs thought to be the best cures of mental disorder. Mental disorders have no clear definitions and symptoms as explained in this chapter. Experts' unstinting intentions of coming up with clear meaning and definitions of mental disorder has not been flourishing. Most of the changes in moods and behaviors in our daily life situations can at some point assumed mental problems. The way we carry ourselves may be as an influence of mental problems. Some simple issues or reactions in our bodies may be because of mental disease hence we ought to be very keen on some abrupt changes that may take place in our lives. For instance, suppose an individual who has been known to be active and noisy suddenly keeps quiet and calm while in the same company. Yes, one of the reasons is said to be mental disorder. Several remedies have been prescribed for mental disorders (Busfield 2-4). I have come to realize that my behavioral pattern is very important and worth noting. Although I may not be in a position to realize some behavioral changes in my life, I am determined to pay irrepressible attention to my life pattern and behaviors. I will settle on issues that do not, to the highest degree have an effect on my moods. My attitude towards mental illness is that it is with so many people of different classes. In fact, everyone is mentally ill and what matters is the degree of mental illness (Busfield 12-14).

This chapter largely has made me evaluate and analyze how individuals behave around me. I tend to give more than enough time to people I chart and interact with as I am swayed that all of us are a bunch of ill populace. I am intensely sure that not all the remedies available to the mentally ill

people are perfect but just a matter of tryout and boo-boo. Furthermore, I think different doctors may diagnose a mentally sick person and come up with different causes yet they attended the same medical class. No, that may not be the medical practitioner's fault since the patient may behave differently to different people or situations. A doctor can also be depressed while diagnosing the mentally ill patient. Can he go on with treating the patient? Will he know that he is down in the dumps at that very point? I think the whole issue of psychological ill health is a very unfortunate situation. In future, I choose to concentrate on my anxiety, mood and promise to be watchful on drugs I take. I will train myself to change my attitude about mad people whom I could not figure out their behaviors. I will always try to maintain moderate characters and behaviors all the times. However, I shall take note on any extreme behavior in me will or any other person and report to a doctor. I will always take even the most serious things such as loss of a friend, job, sickness, and exam failure as challenges and devise ways of solving them if possible. I will all the time, believe that my creature cannot tempt me with anything that I cannot overcome. I will always remain positive as I pursue my life long journey of achieving greatness.

Works Cited

Busfield, Joan. Mental Illness. Cambridge, UK: Polity Press, 2011. Print.