**MENTAL HEALTH NURSING**

Human beings develop mental problems when life brings them **insurmountable frustrations**. Depending upon our **inborn nature**—our genes—we have different **thresholds for frustration tolerance**. But all of us have a breaking point, and when that is crossed, our mind starts to think strange thoughts, often violent. We also begin to feel too much emotion, often painful, or no emotions at all. Excessive emotions or the lack of emotions affect our ability to think properly and function normal.

Today, I saw a 20-year-old girl who complained of **feeling sad and being a failure**. She told me her problems began when her mother died of breast cancer when she was 4 years old. Her father left her and her two older sisters to marry another woman.

They were brought up by their grandparents. Because she lost both her parents at such an early age, she became afraid that whoever she loves will leave her. So she began to cling to her friends. She also began to eat all the time to feel good. **The pleasure from eating masked the pain of her mother’s loss**. But then **she became overweight**. Other children began to tease her for being a fatty. She became excessively sensitive to being teased and started getting violent thoughts to hurt those who were bullying her. She felt ashamed and fearful of having these thoughts. Sometimes she would get panic attacks which are often due to an intense fear of losing control and becoming crazy.

One day, when she was 12 years old, **her two best friends broke their friendship with her for being too clingy and fat**. This was the beginning of her depression. She became isolated, awkward and began to think of herself as someone who was not good enough to be anyone’s friend. She began to think about her sad situation all the time which took her concentration away from her school work and she began to get poor marks.

When our mind is troubled we take our troubles to bed. She found herself unable to sleep until 2 or 3 in the morning. When she finally did fall asleep the troubled **thoughts would continue as dreams and nightmares.** This left her exhausted during the day. One day, unable to handle her depression and her feelings of hopelessness, she tried to kill herself by taking an overdose of sleeping pills. She was admitted to a psychiatric hospital.

Source: Rajan Geethanjali, Usha Jesudasan, Practical English for Nursing, Oxford University Press, 2015, page 82

What advice would you give to the girl?

Give your advice (3-5 suggestions) in a paragraph.