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Course: Nursing 180
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Assignment: Reflective Journal

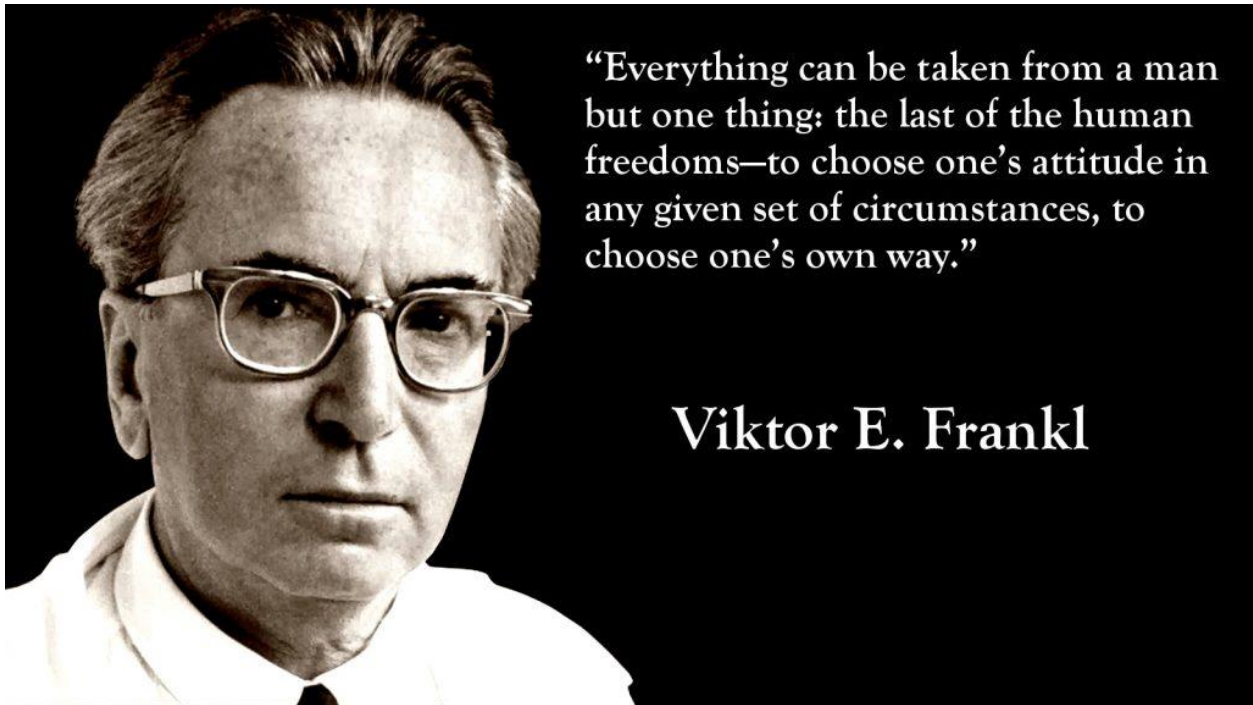
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Foresight

This paper gives a brief overview of my reflection on the main topics focused in this course as they relate to stress and wellbeing. I reflect on materials covered both in lectures, presentations and the assigned readings. I give a brief description of my take as a student from the course and how this relates and contributes to my future endeavours and overall promotion of my physical and mental well-being.

The Nature of Stress



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

One of the most significant learning that I appreciate from this course is in the readings and lectures toward the psychology of stress. The day I read this chapter, I felt relieved from a chronic feeling of anxiety and anger that was in my mind throughout my upbringing. I was intrigued by the notable psychiatrist Viktor Frankl who was discussed in the chapter. Viktor Frankl and Elizabeth Ross inspired me to accept my past and make peace with it and move towards finding meaning in my present life. Even though I did not experience a concentration camp as Viktor Frankl, I experienced war as a child (6 y/o). I went on to live in a refugee camp for 13 years in one of the poorest ranked countries in the world, throughout these 13 years I had held rage and a very bitter heart, and I was continually looking for someone to point a finger at and blame for everything that went wrong in my childhood but, I was surrounded by people who were in the same condition. I lived in denial for the most part when I was young, and I had the feeling that we were in the refugee camp temporarily and that it will all end soon. Still, as years

kept going, I reached the “acceptance stage” that Elisabeth Ross describes as the approval of existing conditions through acknowledgement of a particular situation which you find yourself. Acceptance allowed me to move on with my life, and with it, I built a sense of hope in the future.

Furthermore, when the chapter described the concept of “Tragic Optimism” it inspired me to want to learn more about life and its meaning hence I purchased one of Victor Frankl books “Man’s search for Meaning” where he describes tragic optimism as the ability to turn suffering into a meaningful experience, and to learn from this experience with a positive perspective on life’s events. This concept connects to my time at UBC, at some point during my first year I felt like I did not belong in the UBC community because of the language and technical barriers, I had to push myself hard to learn something new every day. It created a lot of pressure in my transition to a new environment but, when I realized the people who were there to support me I developed a sense of belonging.

Furthermore, this course taught me how to handle my stressors in life. One major stressor that I perceive will continuously be in my life is the stress of being away from my family for long, I appreciate UBC for granting me a scholarship, and my mom is proud of me. Still, the idea that I would not be able to see my family throughout my degree is challenging. Currently, it has been three years since we separated. It creates a lot of tension on my end. Managing my academics while constantly worrying about my family back in the refugee camp gets challenging; notably, when my friends are going back to their families at the end of the semester, it can be frustrating. This course equipped me with ways to incorporate a lot of self-care strategies in my daily life when dealing with my stressors, for instance, I meditate and do physical and mental exercises, which I was introduced to through this course.

As I move forward in both my academics and career prospect, I will sustain all the practices taught in this course and incorporate them further into my regular liveliness as they are helping me thrive. And, whenever I am in doubt, I will always refer back to the textbook to guide my feelings during the moment because I find the book to be engaging and comprehensive in most parts.

Overall, I like the fact that this was an interdisciplinary course because it allowed me to connect with students from other faculties. The structure of the class is incredible and engaging. I like that the topics are diverse because this encourages excellent conversations in the class, and the knowledge span gets wide. Thank you for incorporating some of the immediately available UBC resources to the course; I perceive that I have a lot of resources that I assembled from this course that I did not know they existed at UBC before taking this class.

**Thank you all for a
great semester!**



Thank you Ranjit and Krista for your efforts to create a memorable experience for us, I genuinely appreciate it.

P.S

I applied to UBC-nursing school for the September 2020 intake, so if all goes well, we might see cross paths again.

