

Psychology is not only important in nursing but in everyday life. It can become emotionally stressful and as nurses we will encounter unethical situations. Although we are not licensed psychologists, we practice therapeutic communication in order to establish a more intimate relationship with our patients. In order to properly care for our patients we need to ensure that we evaluate our own feelings in order to provide optimal care that is free from judgement. Most often, hospitals aren't seen as a happy place for most individuals. Therefore mental health is crucial in nursing.