

This is going to be lengthy so buckle up. Hello everyone, my name is Arianna, but I prefer Ari. I'm a bit late to the party. I registered late, and unfortunately, packed my laptop but left my charger when I went on vacation this week (OOOOPS).

I was born and grew up in Iowa. I lived in Minnesota for a few years then moved back to coexist with my significant other. I have been with my significant other for 12 years, however, we have known each other for 18. I am a mother of four. I have biological twins, a boy and girl, age 14. I have a stepson, age 13, soon to be 14. I also have a stepdaughter, age 12, soon to be 13. I have four male dogs: a Corgi, a Cattle Dog/Beagle, a black Lab/Rottweiler, and a Great Dane. I also have a male miniature pig and a ball python. As you might gather, our home is very busy.

I have worked in healthcare since 2013. I started my journey as a surgical technologist. I have worked in the main OR at a hospital, on the maternity unit within the hospital, at an eye surgery center, and at a general surgery center. I worked overnights while going to nursing school and graduated with my BSN in 2016. I continued to work as a CST until 2019 when I finally felt confident enough to take my board exam. I started my nursing career at a long-term care facility. I then worked on the adolescent mental health unit at the hospital and would often float up to the adult unit to help when appropriate. I had a short-lived experience in hospice and currently work as a labor and delivery nurse. I love that I have had the opportunity to explore many areas within healthcare.

I will confidently share that I have ADHD, anxiety, and depression. To some this might be oversharing. Not to me. I feel that it is important to share this information with those I will be interacting with, for a handful of reasons. I used to be ashamed of my mental health conditions. I am growing to accept these conditions as well as the person I am because of them. I do tend to be harder on myself and critique myself and my work in all things. I also acknowledge I have ineffective moments of adulting courtesy of my executive dysfunction. This leads me to struggle with and even put off doing certain tasks that most neurotypical individuals complete with ease. I am doing my best to improve on this. I know that, though I will slip from time to time (like I did when I forgot my laptop charger this week), I will reach my goal at becoming more organized and timely.

I share this with all of you because it is in fact the reason I am here participating in this program. I am working to obtain my PMHNP. Since I can recall, mental health has played a major role in