

### **From the Editors**

Spring has blown upon us. In spite of the grim reality, in spite of the bad news, in spite of the multitude of pessimists and malcontents, the passing weeks do their thing: suddenly it is warm, flowers are blooming, birds are singing. All nature seems to call “someday it will be beautiful, someday it will be normal”, after all, “we are still playing green”, and there is more and more green around. And the heart seems to be beating faster, and the head is somehow lighter, thoughts are more and more boldly running to the perspective of holidays... This is the natural course of things, the changing seasons in this still best of all worlds. And these spring reflections – even if the turmoil and streams of tears are around, still “the sun is so high in the sky, it’s shining in pilots’ eyes”. “While the earth is still turning, while the world is still brightly lit” let’s enjoy life, trying to make the most of each of the moments given to us.

One of the examples of usefully, pleasantly and well-spent time is reading *Psychiatria Polska* – a very rich and interesting spring issue. Among the numerous topics, mental health in the pandemic is re-emerging. From the very beginning, as soon as the name Wuhan ceased to be neutrally associated with a city in China and became an ominous symbol of the plague, psychiatrists drew attention to the consequences of COVID-19 for mental health [1]. The increasing risk of anxiety disorders [2] and the negative impact of threat to life and state anxiety on functioning were emphasized [3]. Healthcare workers were a group particularly exposed to the deterioration of mental health [4–7]. In our clinical work, we have so far met patients representing various professions and social groups who are struggling with the negative effects of the pandemic (children and adolescents confined to their homes for long periods of time and cut off from ordinary peer play and interactions, entrepreneurs unable to recover from the financial crisis, couples who had to be together 24/7 realized that their “other half” had turned from a princess into a frog or from a prince into a nasty toad, or corporate employees who had to switch to online work, turning their apartments into multipurpose office, kindergarten, school, home, and intimate spaces, and thus deprived of privacy and home warmth). The article by M. Grajek et al. is devoted to the latter group.

The current issue of *Psychiatria Polska* abounds in interdisciplinary issues: dialysis patients, patients with type 1 diabetes, elderly patients, and migraine patients. It is worth recalling that the latter are particularly often affected by depressive disorders [8]. According to the authors of the recommendations of experts and national consultants on the management of patients with comorbid migraine and depression, “depression is the most common mental illness accompanying migraine, and the risk of depression in migraine headache sufferers far exceeds that of the general population” [9]. The current article by K. Wachowska et al. broadens the knowledge about the common mechanisms of these two common diseases.

Psychiatrists dealing with sexology will certainly be interested in articles on anal dyspareunia and BDSM practices.

Encouraging you to read *Psychiatria Polska*, we wish all Readers spring in their hearts.

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