

# Rosario Counseling & Associates E-News

Volume 1, Issue 2

March 2011

## Spring Fever... or is it Mania?

By Angela Mills MA LPC

We made it... Spring! Most of us feel a sense of relief... no more heavy coats, finally a chance to sit on the deck, enjoy more sunshine in the day, brown is turning to green, time to dig out those shorts and bathing suits in preparation for a much needed vacation.

Some of us experience **Spring Fever**, a mix of psychological, emotional and physical symptoms providing either energy or fatigue. For those with a **surge in energy**, symptoms can include an increase in vitality and sexual appetite, often particularly strong in those suffering from lows during the winter months. On the other hand, Spring Fever can also refer to an unexpected **loss of energy** with the onset of spring, known as "Spring tiredness." This can be characterized as a state of weariness (despite adequate sleep), lack of drive, dizziness, irritability, headaches, and sometimes aching joints.

A surge in energy mistaken for Spring Fever, can be **Mania**. Mania is an abnormal elevated or irritable mood, arousal, and/or energy levels. Mania is most often associated with bipolar disorder, where episodes of mania may alternate with episodes of major depression. Mania can vary in intensity so mild mania can often be dismissed by others as a high energy, high achievement driven personality. A true "manic episode" lasts seven or more days.

How will I know to be concerned about the potential of a manic episode?

1. Individuals experience inflated self-esteem
2. A reduced need of sleep (e.g. three hours may be feel sufficient)
3. Talking more often known as excessive or feeling the urge to talk longer
4. flooding of ideas through the mind or racing thoughts which preoccupy the person
5. Over-indulgence in pleasure such as extravagant shopping or sexual adventures
6. Full-blown mania can include hallucinations, delusions, suspiciousness, catatonic behavior, aggression, and/or preoccupations

So... instead of just diving into your spring cleaning and clearing your garden of all of the leaves, take better care of yourself by...

1. Watching your diet
2. Getting adequate sleep
3. Setting realistic, attainable goals for each day
4. Being intentional about taking time to restore and relax
5. Being mindful of keeping a realistic pace as you're adjusting to this new season.

If you or someone you know is experiencing what you think to be symptoms of a manic episode, see a doctor for an evaluation as soon as possible.

[Spring Fever Syndrome](#)  
[Mania](#)

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