

SPRING FEVER Q & A with Dr. Lowenstein

Q: Is “Spring Fever” a real phenomenon?

A: While there is not a lot of scientific research on the topic, it certainly seems that we all feel lighter and happier once the weather starts warming up. The birds are singing, the days are longer and it’s a time of rebirth for Mother Nature. And of course it marks the start of baseball season!

Q: What are some of the positive symptoms of “Spring Fever?”

A: Our bodies seem to want to be more active, moods are elevated, there’s a sense of “starting over” and I think a heightened interest in love and relationships occurs.

Q: How do kids react to “Spring Fever?”

A: Kids are definitely more restless and hyper. They’ve been cooped up all winter and are ready for some activity. Also the days are longer so bedtime seems to be pushed back a bit. And don’t forget - they know there’s not much longer until school’s out!

Q: Any advice for controlling your kids during this time?

A: Send them outside to play! They need to run around and get exercise. They’ve been sitting in front of the TV all winter. This will also tire them out so when they come back in they won’t be so out of control.

Q: Are there any negative emotions unearthed during this time?

A: As contrary as it sounds, spring sometimes makes people feel depressed. Sadly enough, spring actually has the highest rate of suicides - even more than during the holidays. This is because we come out of winter “hibernation” and realize that our lives haven’t changed over the winter - the bad things are still there. Either we expect suddenly spring to make everything seem better and it doesn’t, or we’re disappointed that we didn’t get anything accomplished over the winter. Not to mention, lots of people put on a little weight too. That never helps.

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Q: What can people do to get past these negative emotions?

A: First give yourself a break. No one gets a lot done in the winter. Look at springtime as a rebirth for yourself. This is a great time to re-examine your goals and objectives. Do a psychological "spring cleaning" and get rid of ideas, notions and other baggage that has weighed you down all winter. Take a look at your relationships - now is a good time to let go of those that aren't good for you and find something that is. The warm weather and good feelings that comes with it will make these things easier.

Dr. David Lowenstein is a Psychologist with 25 years experience in private practice in Columbus, OH, specializing in individual, marital, family and group therapy with children, adolescents and adults. Experienced, professional and humorous, Dr. Lowenstein is a terrific expert for interviews on these and many other related topics.

Dr. Lowenstein provides expert testimony nationwide relating to adolescent and adult psychopathology and is also a frequent guest on television, radio and print media.