

Spring has sprung! The equinox earlier this week officially made it so and out came the blossom, daffodils and some very welcome sunshine. I am not one who hates Winter. In fact, I love all seasons for a variety of reasons; playing in the snow or snuggling indoors during the winter months, wearing wellies and kicking leaves in Autumn and feeling the warmth of the sun in Summer. But Spring is definitely my favourite season. It signals the end of those dark mornings and evenings when, for those of us in offices, daylight seems a fleeting moment viewed only from the window by the coffee machine.

So now March is in full flow and April bounces merrily before us a weird phenomenon occurs within me. I am sure I am not alone in this but sometimes it feels like it. Suddenly I have a mega urge to clear up everything. I am not just talking about a spring clean of the cupboards back at home, but here in my office too. My inbox and in trays will be emptied and the office deep clean ordered. At home the urge to throw open the windows and bleach the entire place fights only with the urge to clear up the winter debris in the garden giving hope to the resuscitation of any bulb that I may have planted several seasons ago.

And that is the great thing about this particular change in seasons. I think we notice it more than any other. It suddenly breathes new life into us and our task lists. The chores before were put off by the desire to hibernate. Spring re-energises us and nature reflects that too.

Of course all these desires inevitably come to nothing because while the urge is there the time is not and I can always put cleaning those cupboards off until the summer, right?