

ALLEVIATE

Meaning: To alleviate means to make something less severe or more bearable, particularly in reference to pain or discomfort.

1. The new medication aims to alleviate chronic pain in patients suffering from arthritis.
2. She took a warm bath to alleviate her stress after a long day at work.
3. Community efforts are underway to alleviate poverty in the region.
4. The organization provides resources to help alleviate food insecurity among families.
5. He spoke passionately about ways to alleviate the environmental impact of plastic waste.
6. Yoga and meditation can be effective tools to alleviate anxiety and improve mental health.
7. They launched a campaign to alleviate the financial burden on low-income students.
8. The therapist suggested techniques to alleviate feelings of loneliness and isolation.
9. To alleviate traffic congestion, the city plans to expand public transportation options.
10. The charity's goal is to alleviate suffering in disaster-stricken areas around the world.

Source: sentences.whatistheurl.com

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