

DEFATIGATION

Meaning: Defatigation refers to the state of mental relaxation and relief from stress or fatigue.

1. Defatigation is often overlooked in discussions about mental health and wellness.
2. After a long week of work, I found that a weekend retreat provided a much-needed sense of defatigation.
3. The yoga class emphasized techniques for defatigation, helping participants feel refreshed and rejuvenated.
4. Incorporating short breaks throughout the day can significantly enhance defatigation and overall productivity.
5. Understanding the importance of defatigation can lead to better stress management and improved well-being.

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