

EQUANIMITY

Meaning: Equanimity is a state of mental and emotional stability, especially in difficult situations.

1. Maintaining equanimity in the face of adversity can be a challenging yet rewarding skill.
2. Her equanimity during the crisis reassured everyone around her that they would be okay.
3. Despite the chaos of the situation, he managed to approach it with a remarkable equanimity.
4. Practicing mindfulness can help cultivate a sense of equanimity in everyday life.
5. The leader's equanimity inspired confidence in the team as they faced tough decisions together.

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