

# EXHAUSTMENT

*Meaning: Exhaustment refers to a state of extreme physical or emotional fatigue or depletion.*

1. The exhaustion from the long hike left her feeling drained but accomplished.
2. His emotional exhaustion was evident after weeks of stress at work.
3. The team experienced a sense of exhaustion after the intense competition.
4. She collapsed on the couch, overwhelmed by the exhaustion of the day.
5. Finding a way to recharge after such exhaustion is essential for mental health.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/exhaustment>*