

FATIGATION

Meaning: Fatigation refers to a state of physical or mental exhaustion that affects performance and motivation.

1. Fatigation can often lead to decreased productivity and motivation in the workplace.
2. The athlete experienced fatigation after a long day of intense training and competition.
3. Managing stress levels is crucial to prevent fatigation from affecting one's mental health.
4. After several hours of studying, she felt a wave of fatigation wash over her, signaling it was time for a break.
5. Fatigation is a common issue among caregivers who often neglect their own needs while looking after others.

Source: sentences.whatistheurl.com

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