

IRRITABILITY

Meaning: Irritability is the tendency to become easily annoyed or agitated, often resulting in mood swings or emotional instability.

1. Her chronic irritability made it difficult for her friends to understand her mood swings.
2. The doctor's diagnosis revealed that his irritability was a side effect of the medication he was taking.
3. After a long week at work, he noticed an increase in his irritability, especially during interactions with his family.
4. Mindfulness practices can help reduce irritability by promoting a sense of calm and focus.
5. Children often exhibit irritability when they are tired or hungry, signaling a need for attention.

Source: sentences.whatistheurl.com

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