

MENTAL

Meaning: Relating to the mind or cognitive processes, particularly in the context of emotional and psychological well-being or resilience.

1. Mental health is just as important as physical health in achieving overall well-being.
2. The athlete's mental toughness was crucial in overcoming the challenges during the competition.
3. Meditation can significantly improve your mental clarity and focus.
4. She realized that her mental state had a direct impact on her productivity at work.
5. The workshop aimed to address common mental health issues faced by teenagers today.
6. Mental health is just as important as physical health.
7. She was known for her sharp mental acuity in difficult situations.
8. Many athletes work with coaches to enhance their mental performance.
9. The stigma surrounding mental illness can hinder open conversations.
10. Mental health is just as important as physical health in maintaining overall well-being.
11. She found that practicing mindfulness greatly improved her mental clarity and focus.
12. The athlete's mental strength was evident as he overcame numerous challenges during the competition.
13. Many people don't realize the impact of stress on their mental state and emotional balance.
14. Therapists often use various techniques to help clients address their mental health issues effectively.

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