

MENTALLY

Meaning: MENTALLY: In a manner relating to the mind or the process of thinking, often involving psychological or cognitive aspects.

1. She was mentally exhausted after a long day of problem-solving.
2. The athlete prepared mentally for the upcoming championship by visualizing her performance.
3. It's important to stay mentally strong during challenging times.
4. He found that practicing mindfulness helped him feel more mentally balanced.
5. The training program focuses on developing both physically and mentally resilient individuals.

Source: sentences.whatistheurl.com

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