

PROSTERNATION

Meaning: Prostration refers to a state of extreme mental or physical exhaustion, often resulting in inactivity or a lack of motivation to act.

1. Prostration can often lead to missed opportunities and increased stress.
2. His chronic prostration regarding deadlines made him reconsider his time management skills.
3. Feeling overwhelmed, she succumbed to prostration instead of tackling her tasks head-on.
4. The prostration he experienced during finals week left him exhausted and unproductive.
5. Recognizing his prostration, he sought help to develop better coping strategies for his workload.

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