

# RECENTER

*Meaning: Recenter: to regain focus or balance in one's thoughts, emotions, or state of mind.*

1. After a long day of work, I need to recenter myself with some meditation.
2. She took a deep breath and tried to recenter her thoughts before the big presentation.
3. It's important to recenter your priorities if you want to achieve your goals effectively.
4. The coach reminded the team to recenter their focus during the halftime break.
5. Yoga helps me to recenter my mind and body, especially during stressful times.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/recenter>*