

RELIEVEMENT

Meaning: Relievement is the process or state of alleviating emotional stress or discomfort, contributing positively to mental health and well-being.

1. The process of emotional relieve-ment can greatly improve mental health.
2. In moments of stress, finding a sense of relieve-ment is crucial for well-being.
3. She sought relieve-ment through meditation and mindfulness practices.
4. The community came together to provide relieve-ment for those affected by the disaster.
5. His art became a source of relieve-ment, helping him cope with difficult emotions.

Source: sentences.whatistheurl.com

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