

SANITY

Meaning: Sanity refers to the state of having a sound mind and the ability to think and behave in a rational manner, particularly in the context of mental health and well-being.

1. Maintaining one's sanity in the face of constant stress can be a daunting challenge.
2. The therapist emphasized the importance of routine in preserving mental sanity.
3. After weeks of isolation, he questioned his own sanity and longed for companionship.
4. She found solace in art, using creativity as a means to anchor her sanity.
5. In chaotic situations, it's crucial to take a step back and prioritize your sanity above all.

Source: sentences.whatistheurl.com

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