

# UNRUFFLE

*Meaning: To unruffle means to calm or smooth out emotions or physical disturbances.*

1. She took a deep breath to unruffle her emotions before addressing the crowd.
2. The gentle breeze seemed to unruffle the leaves, softening the harshness of the day.
3. After a long week, a warm bath helped to unruffle my frayed nerves and restore my calm.
4. He smiled in an attempt to unruffle the tension that had built up during the meeting.
5. The counselor's soothing words were enough to unruffle the students' anxious minds before the exam.

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

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