

# alleviating *(al-le-vi-at-ing)*

## Definition

v. making something less severe or serious.

## Example Sentence

Exercise is helpful in **alleviating** anxiety.

## More Example Sentences

**Alleviating** stress can help you feel better.

## Synonyms

relieving; easing; soothing

## Antonyms

intensifying; worsening; aggravating

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