

equanimity *(e-qua-nim-i-ty)*

Definition

n. a state of calmness and balance in difficult situations.

Example Sentence

He accepted their problems with composure and she with **equanimity**.

More Example Sentences

Equanimity helped her handle the crisis well.

Synonyms

calmness; composure; serenity

Antonyms

anxiety; agitation; stress

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