

# handwringing

## Definition

n. excessive worry or nervousness.

## Example Sentence

There was a lot of **handwringing** over the company's financial losses.

## Synonyms

anxiety; fretting; worry

## Antonyms

calmness; tranquility

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)