

# upheaval *(up-heav-al)*

## Definition

n. a big change or disturbance in something.

## Example Sentence

Ancient volcanoes caused a great deal of **upheaval** in this area.

## More Example Sentences

**Upheaval** in the town affected many people.

## Synonyms

disruption; disturbance; turmoil

## Antonyms

stability; order; calm

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