

# upheavals *(up-heav-als)*

## Definition

plural n. violent or sudden changes or disruptions in a social, political, or economic system.

## Example Sentence

The **upheavals** in the government led to widespread protests across the country.

## More Example Sentences

After the natural disasters, the community faced significant **upheavals** in its infrastructure.

## Synonyms

disruptions; disturbances; turmoil

## Antonyms

stability; peace; calm

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