

# 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

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)