

St Mark's Word of the Week



Equanimity

Are you familiar with this word?

What does it mean?

Can you use it in a sentence?



Let's see if we can work out what it means from looking at its etymology.

Equanimity



Aequanimitas



From the latin 'aequus' meaning equal or level

From the Latin 'animus' meaning mind

So what does equanimity mean?

'With level mind'



Equanimity (noun)

Definition

Calmness and composure, especially in a difficult situation.

Examples:

- His sense of humour allowed him to deal with difficult situations with equanimity.
- The defeat was taken with equanimity by the team.
- The Olympic diver displayed remarkable equanimity on the platform.
- She found that spending time in prayer helped to restore her equanimity.

Can you come up with your own?



Equanimity (noun)

Definition

Calmness and composure, especially in a difficult situation.

Can you think of any synonyms?

- Composure
- Tranquility
- Calmness
- Serenity
- Equilibrium

Can you think of any antonyms?

- Agitation
- Discomposure
- Concern
- Disquiet



What does this have to do with our Mission of the Month?

**Mission of
the Month
Solidarity
and peace**

If we try to approach difficult situations with equanimity then this will help us to deal with these in a calm, composed and peaceful way.

Can you think about things that could help you to practice equanimity?



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