



## Resilience (noun)

Meaning: The capacity to recover quickly from difficulties; toughness.

Synonyms: Fortitude, adaptability, endurance.

Antonyms: Fragility, vulnerability, weakness.

### **Example:**

The community's resilience was evident in their swift recovery after the natural disaster.



# Mitigation (noun)

Meaning: The action of reducing the severity, seriousness, or painfulness of something.

Synonyms: Alleviation, reduction, relief.

Antonyms: Aggravation, intensification, exacerbation.

#### **Example:**

Effective mitigation strategies are essential to minimize the impact of climate change.



# Fortify (verb)

Meaning: To strengthen (a place) with defensive works so as to protect it against attack.

Synonyms: Strengthen, reinforce, secure.

Antonyms: Weaken, undermine, impair.

#### **Example:**

The engineers worked to fortify the dam to prevent future flooding.



## Proactive (adjective)

Meaning: Creating or controlling a situation rather than just responding to it after it has happened.

Synonyms: Preemptive, anticipatory, forward-thinking.

Antonyms: Reactive, passive, inactive.

#### **Example:**

The administration's proactive measures helped avert a potential crisis.

# Holistic (adjective)



Meaning: Characterized by comprehension of the parts of something as intimately interconnected and explicable only by reference to the whole.

Synonyms: Comprehensive, integrated, inclusive.

Antonyms: Fragmented, partial, incomplete.

### **Example:**

A holistic approach to education considers the emotional and social development of students.

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## Empower (verb)

Meaning: To give (someone) the authority or power to do something.

Synonyms: Authorize, enable, permit.

Antonyms: Disempower, forbid, prohibit.

#### **Example:**

The new policies aim to empower citizens to participate more fully in the democratic process.



# Vigilance (noun)

Meaning: The action or state of keeping careful watch for possible danger or difficulties.

Synonyms: Alertness, watchfulness, attentiveness.

Antonyms: Negligence, inattentiveness, carelessness.

### **Example:**

Constant vigilance is required to safeguard against cyber threats.



## Alleviate (verb)

Meaning: To make (suffering, deficiency, or a problem) less severe.

Synonyms: Relieve, ease, mitigate.

Antonyms: Aggravate, intensify, exacerbate.

### **Example:**

The government launched a new program to alleviate poverty in urban areas.



# Comprehensive (adjective)

Meaning: Complete; including all or nearly all elements or aspects of something.

Synonyms: Thorough, exhaustive, all-encompassing.

Antonyms: Limited, partial, incomplete.

#### **Example:**

The committee conducted a comprehensive review of the policy.



## Augment (verb)

Meaning: To make (something) greater by adding to it; increase.

Synonyms: Increase, enlarge, enhance.

Antonyms: Decrease, diminish, reduce.

### **Example:**

The company plans to augment its workforce to meet the rising demand.