# **Good Calm(50 words)**

**ascetic**  (adjective) - Practicing strict self-discipline and avoiding all forms of indulgence, often for religious reasons.

**browse**  (verb) - To look at various items or information, often to find something of interest.

**casual**  (adjective) - Relaxed and informal in manner or appearance.

**contemplate**  (verb) - To spend time considering a possible future action, or to consider one particular thing for a long time in a serious and quiet way.

**dabble**  (verb) - To take part in an activity in a casual or superficial way

**dwell**  (verb) - To live in or at a specified place

**easygoing**  (adjective) - Relaxed and carefree in attitude or behavior.

**existential**  (adjective) - Concerned with the nature and purpose of life and individual freedom.

**gingerly**  (adjective) - To act in a way that is careful and cautious:

**glance**  (noun) - a quick look at someone or something

**glance**  (verb) - To look quickly or briefly at something, often without giving it full attention.

**haven**  (noun) - A place of safety or refuge

**humble**  (adjective) - Having or showing a modest or low view of one's own importance; not arrogant or boastful.

**humility**  (noun) - The quality of having a modest or low view of one's own importance; lack of arrogance.

**ineffable**  (adjective) - Too great, powerful, or beautiful to be described in words.

**interlude**  (noun) - A short period of time that interrupts a longer event or activity.

**leisure**  (noun) - Free time when one is not working or busy; time for relaxation or enjoyment.

**lull**  (verb) - Calm or send to sleep, typically with soothing sounds or movements

**lull**  (noun) - A temporary interval of quiet or lack of activity

**mellow**  (adjective) - (especially of sound, taste, and color) pleasantly smooth or soft; free from harshness

**methodical**  (adjective) - Done by using a careful and organized procedure; working in a very careful and organized way.

**modest**  (adjective) - Humble and not boastful — not showing off one's achievements or abilitie, and avoiding attention.

**mosey**  (verb) - To walk or move in a leisurely manner

**mull**  (verb) - To think about a proposal or request carefully and at length.

**mum**  (adjective) - Silent

**mystical**  (adjective) - Relating to the belief that there is hidden and spiritual meaning in life.

**nap**  (noun) - A light or casual sleep, usually not as deep or long as nighttime sleep.

**nonchalant**  (adjective) - (of a person or manner) feeling or appearing casually calm and relaxed; not displaying anxiety, interest, or enthusiasm

**nook**  (noun) - Small area or space, like an alcove, that is conducive to meditating, reading, relaxing or quietly reflecting.

**painstaking**  (adjective) - Showing diligence and thoroughness in completing a task.

**placid**  (adjective) - (of a person or animal) not easily upset or excited

**poise**  (adjective) - Graceful and elegant bearing in a person

**refuge**  (noun) - A place of safety or retreat that is well-designed, cultured, and comfortable, offering both peace and style.

**reticent**  (adjective) - Describing someone who is inclined to keep their thoughts, feelings, or personal matters to themselves, not expressing them freely.

**retreat**  (noun) - A location or setting where one can go to rest, reflect, or recover, often in isolation.

**reverie**  (noun) - A mental state where a person is lost in thoughts, often pleasant or imaginative, disconnected from the immediate surroundings.

**sanctuary**  (noun) - A location where one can find protection, safety, or peace, often from danger or persecution.

**serene**  (adjective) - Calm, peaceful, and untroubled; tranquil

**simmer**  (verb) - To heat a liquid, usually a stew or soup, just below the boiling point, allowing it to cook slowly; or to stay in a slow, controlled state of progress or tension, often before a larger event or change occurs.

**slumber**  (noun) - A sleep

**solitude**  (noun) - The state or situation of being isolated and alone.

**staid**  (adjective) - Sedate, respectable, and unadventurous

**tidy**  (verb) - To clean up or arrange things neatly.

**tinker**  (verb) - To attempt to repair or improve something in a casual way, often to no useful effect

**trance**  (noun) - A semi-hypnotic state where the mind seems to be transported to another realm

**tranquil**  (adjective) - Calm and peaceful and without noise

**transfixed**  (adjective) - Unable to move or stop looking at something because you are so interested, surprised, or frightened

**unfazed**  (adjective) - Not surprised or worried

**unflappable**  (adjective) - Having or showing calmness in a crisis

**unspoken**  (adjective) - Not expressed in words, but understood or implied, especially when something is felt deeply but not discussed.