



Coherent

Adjective

logically consistent, intelligible

Use this word correctly in your work in any subject this week for a **House Point**.

Synonyms

- Clear
- Articulate
- Clarity
- Logical
- Reasonable

Sentences containing the adjective 'coherent':

- They gave a coherent account of the accident to the police.
- He proposed the most coherent plan to improve his grades.
- She was lucid and coherent and did not appear to be injured.

Antonyms

- Irrationale
- Unclear
- Incoherent



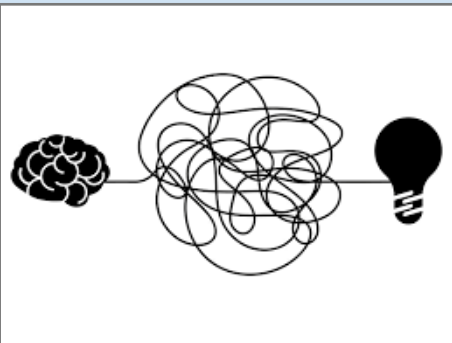
Coherent Adjective

logically consistent, intelligible

Why is it important to be coherent when you are speaking to people? How do you be coherent?

What situations can you think of where you would need to ensure that you are being coherent?

How might people perceive you if you are incoherent?



Wellbeing!

Coherent breathing is a form of breathing that involves taking long slow breaths at a rate of about five per minute

This aimed to help reduce stress and anxiety.

Benefits of Coherent Breathing

- Increased cardiovascular function
- Improved respiratory function
- Decreased stress and anxiety
- Increased emotional regulation
- Decreased depression
- Reduced insomnia



Languages!



French: cohérent(e)

Spanish: coherente

Mandarin: 连贯的lian
guan de

Etymology:

from Latin cohaerent-
'sticking together',

co- 'together' + haerere
'to stick'.