

Need another word that means the same as “stamina”? Find 17 synonyms and 30 related words for “stamina” in this overview.

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The synonyms of “Stamina” are: staying power, toughness, endurance, indefatigability, tirelessness, resistance, resilience, fortitude, strength, vigour, energy, staunchness, steadfastness, robustness, determination, tenacity, perseverance

Stamina as a Noun

Definitions of "Stamina" as a noun

According to the [Oxford Dictionary of English](#), “stamina” as a noun can have the following definitions:

- *Enduring strength and energy.*
- *The ability to sustain prolonged physical or mental effort.*



Synonyms of "Stamina" as a noun (17 Words)

- determination** The act of determining the properties of something, usually by research or calculation.
*Those who succeed because of sheer grit and **determination**.*
- endurance** The capacity of something to last or to withstand wear and tear.
*She was close to the limit of her **endurance**.*
- energy** A thermodynamic quantity equivalent to the capacity of a physical system to do work the units of energy are joules or ergs.
*The DOE is responsible for maintaining the **energy** policy.*
- fortitude** Strength of mind that enables one to endure adversity with courage.
*She endured her illness with great **fortitude**.*
- indefatigability** Tireless determination.
- perseverance** Persistent determination.
*His **perseverance** with the technique illustrates his single mindedness.*

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| resilience | An occurrence of rebounding or springing back. <i>The often remarkable resilience of so many British institutions.</i> |
| resistance | The degree to which a substance or device opposes the passage of an electric current causing energy dissipation By Ohm s law resistance measured in ohms is equal to the voltage divided by the current. <i>They displayed a narrow minded resistance to change.</i> |
| robustness | The characteristic of being strong enough to withstand intellectual challenge. <i>We can examine the robustness of our results.</i> |
| staunchness | Loyalty in the face of trouble and difficulty. |
| staying power | Brace consisting of a heavy rope or wire cable used as a support for a mast or spar. |
| steadfastness | The quality of being resolutely or dutifully firm and unwavering. <i>No side wins without steadfastness in the face of adversity.</i> |
| strength | The power to induce the taking of a course of action or the embracing of a point of view by means of argument or entreaty. <i>Street protests demonstrated the strength of feeling against the president.</i> |
| tenacity | Persistent determination. <i>The tenacity of certain myths within the historical record.</i> |
| tirelessness | Tireless determination. |
| toughness | The property of being big and strong. <i>They showed great mental toughness to keep going.</i> |
| vigour | Active strength of body or mind. <i>They set about the new task with vigour.</i> |



Usage Examples of "Stamina" as a noun

- *Their secret is stamina rather than speed.*



Associations of "Stamina" (30 Words)

- alive** Possessing life.
*Doctors are working hard to keep him **alive**.*
- animate** Give lifelike qualities to.
*Prometheus stole fire from heaven to **animate** his clay men.*
- courage** A quality of spirit that enables you to face danger or pain without showing fear.
*He fought his illness with great **courage**.*
- digestive** A food, drink, or medicine that aids or promotes the digestion of food.
***Digestive** disorders.*
- durability** Permanence by virtue of the power to resist stress or force.
*They advertised the **durability** of their products.*

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| <u>endurance</u> | Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina. <i>The marathon tests a runner's endurance.</i> |
| energy | The federal department responsible for maintaining a national energy policy of the United States created in 1977. <i>Changes in the levels of vitamins can affect energy and well being.</i> |
| fitness | Fitness to traverse the seas. <i>Disease and lack of fitness are closely related.</i> |
| fortitude | Courage in pain or adversity. <i>She endured her illness with great fortitude.</i> |
| frolicsome | Given to merry frolicking. <i>Frolicsome students celebrated their graduation with parties and practical jokes.</i> |
| <u>invigorate</u> | Give strength or energy to. <i>The shower had invigorated her.</i> |
| leverage | Provide with leverage. <i>My spade hit something solid that wouldn't respond to leverage.</i> |
| manliness | The trait of being manly; having the characteristics of an adult male. <i>Men accustomed to proving their manliness on the streets.</i> |
| metabolism | The organic processes (in a cell or organism) that are necessary for life. <i>Abnormalities in protein metabolism.</i> |
| mettle | A person's ability to cope well with difficulties; spirit and resilience. <i>The team showed their true mettle in the second half.</i> |
| momentum | The impetus and driving force gained by the development of a process or course of events. <i>The car's momentum carried it off the road.</i> |
| <u>muscular</u> | Having a robust muscular body build characterized by predominance of structures bone and muscle and connective tissue developed from the embryonic mesodermal layer. <i>A muscular boxer.</i> |
| overtax | Tax excessively. <i>Don't overtax my constituents.</i> |
| physical | Impelled by physical force especially against resistance. <i>Was sloppy about everything but her physical appearance.</i> |
| <u>physique</u> | Alternative names for the body of a human being. <i>A sturdy muscular physique.</i> |
| revive | Cause to regain consciousness. <i>She was beginning to revive from her faint.</i> |

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| strength | The extent to which an argument or case is sound or convincing. <i>City were under strength yet put up a creditable performance.</i> |
| <u>synergy</u> | The working together of two things (muscles or drugs for example) to produce an effect greater than the sum of their individual effects. <i>The synergy between artist and record company.</i> |
| <u>vibrant</u> | Of sounds that are strong and resonating. <i>His vibrant voice.</i> |
| vigor | Forceful exertion. |
| vim | An imaginative lively style (especially style of writing). <i>In his youth he was full of vim and vigour.</i> |
| <u>virility</u> | (in a man) the quality of having strength, energy, and a strong sex drive; manliness. <i>Great importance is placed on a man s virility.</i> |
| <u>vitality</u> | (biology) a hypothetical force (not physical or chemical) once thought by Henri Bergson to cause the evolution and development of organisms. <i>The vitality of seeds.</i> |
| <u>vivacity</u> | Characterized by high spirits and animation. <i>He was struck by her vivacity humour and charm.</i> |

