Agony

Definition: intense suffering

Parts of Speech: Noun
Synonym: Misery
Antonym: Pleasure

The little boy who had ninety percent of his body burned in the car accident was in agony in the hospital.

Beneficial

Definition: helpful

Parts of Speech: Adjective
Synonym: Helpful
Antonym: Hurtful
Sounds Like:

Drinking eight glasses of water a day is beneficial to the body.

http://www.spanishdict.com/translate/beneficial
Composure

Definition:
a state of calmness or self-control

Parts of Speech: Noun
Synonym: dignity, poise
Antonym: panic, anxiety
Sounds Like:

The principal kept his composure despite his toupee falling off in front of all the students while he spoke.

Constant

Definition:
not changing; continuing without pause

Parts of Speech: Adjective
Synonym: Consistent
Antonym: interrupted
Sounds Like:

There was constant chatter from the dugout while the other team went to bat.
Cope

Definition: to deal with

Parts of Speech: Verb
Synonym: To manage
Antonym: Surrender to
Sounds Like:

It was hard for Daryl to cope with the loss of all of the kittens at one time.