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# Chin up expression

1) I keep my chin up when times are tough. 2) You keep your chin up when you get bad news. 3) He keeps his chin up when everyone around him is downhearted. 4) She keeps her chin up because she is an optimist. 5) We keep our chins up no matter what the circumstances. 6) You (all) keep your chins up when you feel blue. 7) They keep their chins up when their lives are in calamity. 8) I am so sorry to hear this news. Try your best to keep your chin up. 9) Keep your chin up, we're all here to support you through this. 10) I agree - you're full of bravery and courage. Keep your chin up! Things will get better. 11) You couldn't moan about things. You had to keep your chin up and get on with it. 12) I wish you every bit of luck, so keep your chin up and don't give in. 13) Don't forget, miracles really do happen. Hang in there and keep your chin up. 14) It's just hard to keep your chin up in this recession. 15) Onwards and upwards as they say, keep your chin up sweetie, something good will be just around the corner. 16) I'm trying to keep my chin up and see their refusal to pay interns as ironic rather than hypocritical. 17) I try to keep my chin up by laughing, like imagining humorous things and situations. 18) Keeping your chin up only goes so far. 19) She kept her chin up and she retained her love of writing. 20) After receiving the devastating diagnosis of bowel cancer earlier this year my Mum kept her chin up and faced it head on. (Definition of chin up! from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press) (Definition of chin up! from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press) 1. remain cheerful or positive in a difficult situationcome on, keep your chin up!This expression, which can also be shortened to 'chin up,' is used to encourage somebody to keep trying and to stay positive when experiencing difficulty. It references a person's tendency to drop their chin towards their chest when upset or down about something. While it is spoken in the form of a command, it is never used negatively as it is meant as a friendly piece of advice or encouragement. The term is common in both a social and professional context, and shares a similar meaning to the phrases 'hold your head up high,' and 'keep your head up.'The best way to get through difficult times is to adopt a positive mental attitude which means you need to keep your chin up!Come on, chin up! It's never nice being unwell, but you will be back on your feet in no time! Yes, we've suffered another big setback, but we can't give up now. Keep your chin up! Things will get better soon, I'm sure of it. Hello everybody! Our idiom of the day is "Jack-of-all-trades," which means "a person who has skill in many areas." The phrase dates back to the 14th century. At this time the name Jack was typically used to describe the ordinary man. These people were working class and often had to supplement their meagre income by doing other jobs. The phrase is often changed to "a Jack of all trades, master of none". Meaning that the person completes multiple tasks but none are done very well. It is often used in a derogatory manner. You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2 Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Ready to watch our video example? Our idiom of the day is "To kill two birds with one stone," which means "to complete two tasks at once with a single action." Usage in a movie ("Meet Bill"):- You could bring your wife.- Oh, that'd be great. She'd love that.- Since she'll be your partner in this venture, we do require one meeting with her anyway, so kill two birds with one stone.You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Time for a video example! Our idiom of the day is "Jump for joy," which means "to be very happy about something". Usage in a TV series ("Black Books"):- What are you doing?- I'm literally jumping for joy. This is gonna be the best summer yet. I love you.- Yes, it is!You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hi guys! Our idiom of the day is "To kill two birds with one stone," which means "to complete two tasks at once with a single action." This phrase originated in the 1600s.You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hello! Our idiom of the day is "Jump for joy," which means "to be very happy about something." The phrase has been in use at least since 1775. You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Time for a video example! Our idiom of the day is "Jack-of-all-trades," which means "a person who has skill in many areas." Usage in a TV series ("House of Cards"):- You carried it all the way up here?. For privacy. I had help.- Meechum.- That's right.- Jack-of-all-trades. Handyman, furniture mover.You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hello everybody! Our idiom of the day is "Jack-of-all-trades," which means "a person who has skill in many areas."The phrase dates back to the 14th century. At this time the name Jack was typically used to describe the ordinary man. These people were working class and often had to supplement their meagre income by doing other jobs.The phrase is often changed to "a Jack of all trades, master of none". Meaning that the person completes multiple tasks but none are done very well. It is often used in a derogatory manner.You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hello! Our idiom of the day is "The pot calling the kettle black," which means "don't criticize another person for a fault that you have yourself."This expression dates from the days of open-hearth cooking, which blackens practically all the utensils used. [Early 1600s]You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hey there! @ Our idiom of the day is "Spit it out", which means "go ahead and say something." Used as an idiom since 1855. You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2 Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Hey everybody! Our idiom of the day is "Kill time," which means "to do something while waiting." This idiom was first recorded about 1768. You need example sentences with pronunciation? Try our app for learning English idioms - click the link onelink.to/zhdnr2 Special offer! Get 40% off our idiom dictionary and other dictionaries! Coupon code: 40OFF (use at checkout) - Definition: Try to act cheerful when experiencing a difficult time; don't lose courage. Origin of Keep Your Chin Up It is unclear exactly where this phrase originated. Some speculate it replaced an older term in Britain keep your pecker up, circa 1840. In the 1840s in Great Britain, pecker did not have sexual connotations. It meant "courage" and "resolution." Others speculate the phrase is American in origin—appearing first in the early 1900s. Perhaps it was the Americans who updated the phrase from pecker to chin. If one keeps his chin up, he shows positivity, courage, and resolve. Examples of Keep Your Chin Up In this example, a man uses the expression while talking to his friend, who had a very bad day. Rodrigo: What's the matter, Alisha? You look so sad! Alisha: I'm just upset. Everything went wrong today. Rodrigo: What happened? Alisha: All the people I work with are cruel. They all hate me and say the nastiest things about me. I'm going to quit my job. Rodrigo: I thought you loved your job! Alisha: I do, except for this group of mean people. Rodrigo: Well, if you have to quit, then go ahead and do it. But you can't let the mean people see how upset they made you. When you go back to work, keep your chin up. Act like you aren't bothered by them at all. Don't give them the satisfaction of seeing they upset you. Alisha: You're right. I won't let them see me sad. In the example below, two friends are discussing a pet that recently died. Luis: Why are you still so sad? Stephanie: My hamster died last night. I'm just still feeling a little down because of it. Luis: Oh, well hamsters don't usually live longer than 2 or 3 years anyway. Keep your chin up! It's not your fault your hamster died. Stephanie: I know it's not my fault that it died, but I still feel bad! It's okay to mourn for a bit. More Examples This quote is about staying hopeful during a hard time. Chapman was in tears in the dugout after the inning. "It was a very emotional moment," Chapman (through the team translator) said, crediting Ross with pulling him out of it. "He said keep your chin up; we've got this; we'll pick you up." -Chicago Sun Times This excerpt is from an opinion article on the right way to act after losing an election. I'm also proud of the baby boom generation. Apparently, we still have something to impart to our youngsters. Grace under pressure, for one thing: How to lose with class and keep your chin up. -OC Register Summary The phrase keep your chin up means maintain a positive appearance or attitude despite hardship. People often use this in the command form as a friendly piece of advice for someone who is feeling sad. Trends of View usage for: All Years Last 10 years Last 50 years Last 100 years Last 300 years Source Definition of chin-up from the Collins English Dictionary New from Collins Thomas Robert . 1766-1834, English economist . He propounded his population theory in An Essay on the Principle of Population (1798) Sign up for our newsletter Get the latest news and gain access to exclusive updates and offers Sign me up New Conversations Day The twelfth of July marks New Conversations Day. If you haven't heard of it, don't fret or feel afflicted by FOMO, for this is the first such day - ever. Read more World Refugee Day Sunday 20th June 2021 marks World Refugee Day, an initiative by the UN which highlights the power of inclusion and standing together to build a stronger, safer world for us all. Read more World Music Day 'If music be the food of love, play on' must be the second best-known quote from the Bard. These words uttered - or crooned in some performances - by Duke Orsino, who is in love with love itself, constitute the very first line of Twelfth Night. Read more Collins English Dictionary Apps Download our English Dictionary apps - available for both iOS and Android. 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He propounded his population theory in An Essay on the Principle of Population (1798) Sign up for our newsletter Get the latest news and gain access to exclusive updates and offers Sign me up New Conversations Day The twelfth of July marks New Conversations Day. If you haven't heard of it, don't fret or feel afflicted by FOMO, for this is the first such day - ever. Read more World Refugee Day Sunday 20th June 2021 marks World Refugee Day, an initiative by the UN which highlights the power of inclusion and standing together to build a stronger, safer world for us all. Read more World Music Day 'If music be the food of love, play on' must be the second best-known quote from the Bard. These words uttered - or crooned in some performances - by Duke Orsino, who is in love with love itself, constitute the very first line of Twelfth Night. Read more Collins English Dictionary Apps Download our English Dictionary apps - available for both iOS and Android. 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