

# 5 TIPS FOR Taking Care of Your Mental Health

Practice  
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay  
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough  
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice  
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support  
When Needed

Reach out to family, friends or mental health professionals when necessary.



# Mental Health Tips Romantasy S Discount

**A Loxley**



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metric system torque applied t k d f 1000 where t torque in n m f bolt load in n

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web for flanges with 12 or more bolts 1 st round 20 percent of final torque 2 nd round 40 percent of final torque 3 rd round 80 percent of final torque 4 th round 100 percent of final torque final round clockwise or counter clockwise around the flange please take note the above bolt tightening sequences are the most

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web step 1 liberally lubricate all load bearing surfaces including threads and flat washers then install and finger tighten all fasteners number the bolts flange according to the bolt torque sequence step 2 set the torque wrench to 1 3 of the target torque value and tighten in an order bolts 1 2 3 4 until all have been tightened

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