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STRATEGIES TO
MANAGE YOUR

ANXIETY

@BELIEVEPHQ

TAKE A BREAK FROM TECHNOLOGY

ENGAGE IN SOMETHING PLEASURABLE

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOME EXERCISE

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

BUILD A MENTAL HEALTH SUPPORT NETWORK

DON'T BE AFRAID TO ASK FOR HELP

LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

TRY TO KEEP THINGS IN PERSPECTIVE

LOOK AFTER YOURSELF

CHALLENGE YOUR THOUGHTS

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

FOCUS ON THINGS YOU CAN CONTROL

LOOK AFTER YOURSELF

JOURNAL YOUR WORRIES

HAVE A BATH

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

TAKE A BREAK

DISTRACT YOURSELF

WORK ON YOUR PROBLEM SOLVING SKILLS

DOWNLOAD AN APP

COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS



MAKE SURE YOU ARE EATING A BALANCED DIET

TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING

TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

UNDERSTAND WHEN YOU START CATASTROPHIZING

SET ASIDE SOME TIME TO WORRY

VISUALISE A SAFE PLACE

PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS

RECOGNISE THE SIGNS OF YOUR ANXIETY

TRY ENGAGING IN RATIO BREATHING

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS
MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

Adam Colton



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mar 25 2012 1 i read all through the manual about the oil pump adjustments anytime throttle cable adjustments are made or any other major adjustment while thinking about this i would like to explain my thoughts and see if anyone really knows for sure

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mar 6 2019 84k views 4 years ago setting up the mikuni oil injection pump system by the instructions provided in the shop manual for this 1988 polaris indy trail two stroke motor this is done after the

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apr 3 2018 grab the oil pump lever and have someone move the throttles to make sure the lever moves you need a mirror and a light to line up the lever with the mark on the oil pump does anyone still need pics of oil line setup i have a 99 speedster with twin 787 s still running the oil injection

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jun 30 2009 2000 sea doo service manual page 07 03 5 is a good picture of the alignment of the 787 rfi oil pump as this oil pump is very similar to the 947 oil pumps it gives you a very good idea of where to look for alignment marks on the oil pump and oil pump drum

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sep 19 2013 you don't need to pull the pump to check or change the oil 1 remove the steering nozzle 2 to check the oil remove the fill plug fill to overflowing replace the fill plug 3 to change the oil remove the cone 4 i use an empty 12 pack fold it up stick the cardboard between the pump and the ride plate let the oil drain into a container 5

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jun 5 2014 just take off the reverse linkage step 3 the steering linkage step 5 remove the 4 bolts step 7 and it will all come off together when reinstalling the pump cone blue loctite is a must on the bolts also put loctite 518 on and around the o ring before filling with oil the pump should be pressure tested to 10 psi for 5 minutes with

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subsection 02 oil injection pump f07f0wb 1 2 1 oil pump cable 2 adjustment nut 947 di engines loosen jam nut and turn cable adjustment nut to obtain pump mark alignment refer to following photos the adjustment is located under the throttle body bracket 1 oil pump cable adjustment 2 throttle cable adjust the cable to the rich position

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apr 10 2014 i am installing my rebuilt carburator on my 2000 seadoo gs 717 i cannot find the alignment marks for oil injection pump it looks like they may have been painted over i was just wondering if there was another way to verify that it was properly adjusted thanks in advance

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