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Attachment types pdf

Sarah Barnes If you are having trouble sending attachments via email, there may be a number of reasons, including attachment size, type, location and destination. The good news: These problems are easy to fix. First, make sure you attach the file to the email properly. In your email program, look for the Snap button. With Microsoft Outlook and other email-based software, it looks like a bunk. Click on this button and list your computer's files should come up. Find the file you want and select it. Then click Good. If the file you're trying to send is quite large - such as a video, music file or PDF with lots of pages - many email programs will have trouble sending. Attachment size may be limited, and even if your file is under the limit, it will take the program a long time to send your email. This can cause the program (or your Internet browser) to crash and/or slow down other computer functions when using email on the Internet. Try using a smaller file by dividing a multi-page file into multiple documents or squeezing a file with a qIP file program. If you send an unusual type of file, the recipient may not have the program needed to open the program. For example, a file from a Windows-only program may not be used on a Mac. When you try to open this file, the recipient will be asked to select a program to open from the list. Open the attachment on a computer that has the necessary software installed. If you or the recipient is using a firewall, you may have trouble attaching your email. Firewalls are designed to improve online security, and they can confuse your legitimate email with email intended to infect a user's computer with a virus. If this happens, the firewall may need to work out before you can send and get the attachments successfully. If you're still having trouble sending an email file, try uploading it to a file-sharing site as YouSendIt.com. Photos and videos can be shared on social networking sites such as Flickr, Picasa and Facebook. Once you've downloaded the files, just send an email link and instructions on how to download to the recipient. Chances are, your vacuum has a bunch of different attachments on it. Fortunately, Popular Mechanics demonstrates how they should get used to it. Virtually every vacuum comes with at least four attachments, and each one is made for a different task:1. Crevice ToolWith its skinny shape and angular tip, this one hits in Places: corners, along the lines, around radiators or vents, between sofa cushions, and more. You can also use it to clean the fridge coil or de-linting the inner workings of the dryer. Dusting BrushRound with long soft bristles, it helps whisk windowsills, bookcases, framed art, lampshades and blinds. If your vac is is With variable suction, you can also use it for more delicate tasks such as cleaning around the bauble. ToolThis upholstery is an attachment widely and sometimes has a lint fabric strip perfect for coaxing dust from sofas, chairs, mattresses and pillows. The WandThis extension gives you more reach, and nabs of dust hanging from high ceilings and corners or buried deep behind appliances. Or try this neat trick: If you've dropped something light in a place you can't reach, stretch a piece of nylon tights at the end of the wand, wrap it up with an elastic band, and use it as a tool to get your item. Sometimes, you also get attachments for bare floors, turbo brush, mattress fastening, pet groomers, and more. Of course, all this information is probably in your guide too, assuming that you actually have a guide to your vacuum sitting around. Take to the popular mechanics for a list of several of those additional accessories. Every vacuum attachment, de-tified Popular Mechanics If you've ever tried to clean your closet or garage, you know getting rid of things isn't easy, even if you never use it. That's what makes us so attached to things, and how it makes it hard to let go. Since childhood, we have been connecting with the things around us, especially those that we personally have. This TED video explains three reasons why we get involved. Endowment effect: You value something more once you own it. You probably have a favorite shirt or mug and you prefer it for similar elements because you subconsciously view it as part of who you are. Connection ownership: We absorb our belongings with an essence that we believe is unique to the elements that we possess. They are special for us, because we own them and, when a copy of the item is presented, prefer the original. This applies to items belonging to our family (relics), celebrities, or other famous people. We attribute the higher value to these elements because of who owned them, although the items themselves are often not unique. Of course, how attached you are to your things varies depending on the culture you've been raised in, but most everyone experiences some degree of connection with their stuff. Check out the video above for details of each effect. Why are we so attached to our things? TED-Ed (YouTube) Follow the latest daily buzz with BuzzFeed Daily! David If you don't already know about attachment styles, then WYD?! Attachment theory explains why we behave the way we do when dating and in relationships - and can be particularly comforting to those with anxious attachments, meaning you are you You get very emotionally attached to new people/partners easily and struggle to feel safe. Maybe you think about texting them all the time, or busy thinking about how you want them to confirm their feelings. Although it can be very tiring, it is very normal and common to feel that way. It's just really something to worry about if it becomes unhealthy and takes over your life. For people who've found that it's negatively affected them, that's how they stop themselves from getting emotionally attached early on.1 In my early 20s, I'm so worried about it. I had all these weird rules and tactics to try not to get too attached and look like I was interested but not too interested. Now that I have a job that consumes 10-12 hours of my day, a small side business and a few hobbies, I just don't have the time or care to worry about how attached I get to someone. If I'm into them enough that I start thinking about them a lot, then it's clear that it's good, not bad. (via) Oliver Rossi 2. I have planned my interaction with them. No messages and no social media checks outside the scheduled interaction time. (through) 3. I don't believe playing games or teaching yourself to do things out of character will help if you're not happy with being unhappy keeping that up for the rest of your life. Instead I take it slowly with each new person. Let them know your needs (when you feel comfortable) and if they are the right person, they want to accommodate them. (through) 4. I read a book by Amir Levin. It helped me to deal with these feelings in a safer way. There's nothing wrong with wanting to communicate more with your crush/date/partner. Everyone has different needs. But there are differences with the unhealthy about it or just with anxiety attached. Big difference. (via) Savannah Ogburn/Oil refinery29 for Getty Images 5. The practice of mindfulness. When you start to feel anxious and attached purposefully tell yourself to do something different. Make a list of actions you can do, not actions you don't want to do. Distract yourself with other things. Think about what you would do if you didn't have someone pine more. Basically keep yourself busy and make a habit of mindfulness. The more you purposefully tell your brain to make XY instead, the more that will become a natural thing to do. (through) 6. Remember: You existed as a person before they entered your life, you will stay that way as long as you know them and you will stay that way when they leave your life. I think a lot of people lose sight of that when they meet someone, and definitely guilty of that, too. This can be a problem, understanding this and going back to your own reality with them included or excluded from it. (through) 7. I do what requires me to be away from my phone, so I won't keep checking my messages or or or up to my anxiety. (via) Klaus Edfelt 8. I have two text rules. I will not send more than two unanswered texts, except in case of an emergency. (through) 9. I am trying to prevent my attachments. For example, I try to turn off reading receipts whenever possible and turn off the notification sounds for something not critical, so I have to manually check them. (through) 10. I try invest more in myself. Get a new hobby, try therapy if you feel like you can't control yourself, bond with family and friends. (through) 11. Date a few people, or casual on the go always. I'm not necessarily dating for something monogamy, but spreading the spotlight around I found helps anyone from having the weather all the attention. (through) 12. Work on yourself. Hobbies and interests that you really like mean a good conversation or icebreakers with those who share those interests. Doing fun things with friends or yourself, you'll have stories to share and better talk to other people and navigate through life. Then you will probably be much easier to find someone. 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