

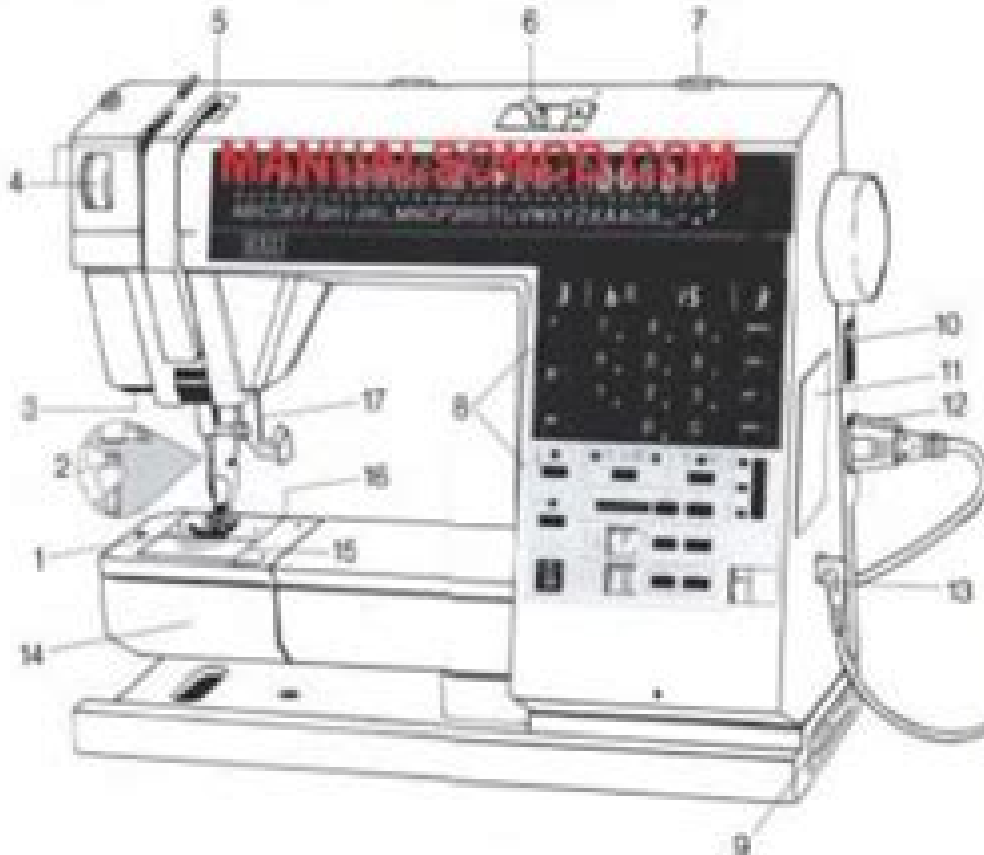


Cover sewing table

21. I removed the holding base and the cover from the machine and kept it safely. I have the foot control and cover set aside safely, and
22. How to replace the cover on the machine when I have finished sewing.
- It can also be used as a sewing table – see page 25.

IMPORTANT

Follow carefully the **Safety Instructions** given on page 45 of this manual to avoid the risk of burning yourself or receiving an electric shock.



Getting to know my Elna Computer



Main parts

1 Sewing foot

If I wish to change the foot

21. I raise it and press the lever.
22. I then place the other foot (indicated under the foot support and lever).
- The foot automatically snaps into place. If necessary, I press the lever.

2 Needle system 130/70DM

I should **change the needle** immediately if it is blunt or bent.

I push the needle with the flat side to the rear against my index finger and push it up into the **needle clamp** as far as it will go. I tighten the screw firmly – see also page 32.

3 Light bulb 15 W max. Input 230 V

4. Thread tension
5. Thread take-up lever
6. Bobbin winder with cover

7 Handle and top panel

8 Sewing programmes + display keyboard – see table later on.

9 Specification sheet

I make sure that the **voltage** is the same as that which is marked on the top of the machine.

If this is not the case, I do not plug in the machine but contact my Elna dealer.

10 Main safety switch

11 Sewing programme using computer (optional, see for Elna 3000, see page 37).

12 Main connection: **push the plug right in.**

13 Foot control

I turn the cord by simply pulling it out. I hold it straight, I insert my finger in the opening provided and, using it, I **push back the foot control**, making sure that the plug is pushed **all the way in**.

I push my whole foot down on the foot control and not just the tip of my foot.

14 Foot pin

15 Safety mark cover – button

16 Sewing lever (at the rear of the machine) serving as a support for dropping the foot and steering of the hand embroidery.

17 Cloth presser bar lever for raising or lowering the foot.

Warning

When working close to the needle, be very careful not to prick your fingers.

Manual For The Elna 8000 Sewing Machine

WENDY. GARDINER



Manual For The Elna 8000 Sewing Machine:

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web angststörungen wie die panikstörung und die agoraphobie verändern das leben der betroffenen und ihrer familien hier erhalten patientinnen patienten und angehörige antworten auf häufige fragen sowie anregungen zum umgang mit der erkrankung die sie im alltag unterstützen können

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web jul 24 2020 das symptom angst kann als fehlregulation einer physiologischen emotion im rahmen des biopsychosozialen modells verstanden werden angststörungen im alter werden oft nicht erkannt und ausreichend behandelt die medikamentöse und psychotherapeutische kombinationstherapie ist am effektivsten

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web die generalisierte angststörung ist eine verbreitete angsterkrankung nach schätzungen erhalten etwa 5 aller menschen im laufe des lebens diese diagnose frauen sind doppelt so häufig betroffen wie männer meist beginnt eine angststörung im mittleren erwachsenenalter manchmal aber auch schon im Kindes oder erst im Seniorenalter

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web angsterkrankungen ursachen Über die entstehung von angststörungen gibt es verschiedene theorien alle Ängste haben einen natürlichen hintergrund so gehen die spezifischen phobien auf urängste der menschen zurück die in früheren zeiten eine rolle spielten als die angst vor raubkatzen wölfen schlangen und giftigen spinnen

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web angststörung gehört zu den häufigsten psychischen erkrankungen im alter in deutschland leiden rund zehn prozent der seniorinnen und senioren darunter wobei frauen doppelt so oft betroffen sind bei älteren menschen hängt die entwicklung einer angsterkrankung häufig mit den veränderungen und herausforderungen zusammen die der herbst

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web angststörungen im alter das alter bildet einen der umbrüche im leben veränderung erhöht immer das risiko für sorgen und Ängste und älter werden bedeutet auch negative auswirkungen auf z b die gesundheit für viele ist der eintritt in die rente die schwelle die sie mit alt sein verbinden

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web beschreibung Ängste sind im alter sehr viel weiter verbreitet als bislang angenommen angststörungen im alter werden häufig übersehen und bleiben daher unbehandelt meist treten sie gemeinsam mit depressionen und verschiedenen körperlichen erkrankungen auf

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web jun 27 2023 angst wird durch klar definierte und im grunde ungefährliche situationen ausgelöst variable symptome können das ausmaß einer panikattacke erreichen siehe auch symptome bei phobien häufig tritt im vorfeld schon erwartungsangst auf und es kommt zu vermeidungsverhalten deutlicher leidensdruck wegen angstsymptomatik

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web kungen im alter eingegangen wurde sollen im folgenden besonderheiten von angsterkrankun gen im alter hervorgehoben und therapeutische interventionen für ältere erwachsene mit komor bider angst und sucht dargestellt werden 6 3 phänomenologie und prävalenz von angsterkrankungen im alter die prävalenz und phänomenologie von

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web ursachen symptome diagnose behandlung weitere informationen angst ist ein gefühl der nervosität besorgnis oder unsicherheit die ein normales menschliches erlebnis darstellt sie ist auch in einer vielzahl von psychiatrischen erkrankungen vorhanden darunter generalisierte angststörung panikstörung und phobien

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web krankheiten a z hintergrund angststörung hintergrund angst ist eigentlich ein natürlicher schutzmechanismus der uns in

gefährlichen situationen warnt wenn die angst jedoch zum selbstläufer wird und vermehrt auftritt ohne dass es einen realen anlass dafür gibt liegt eine angststörung vor