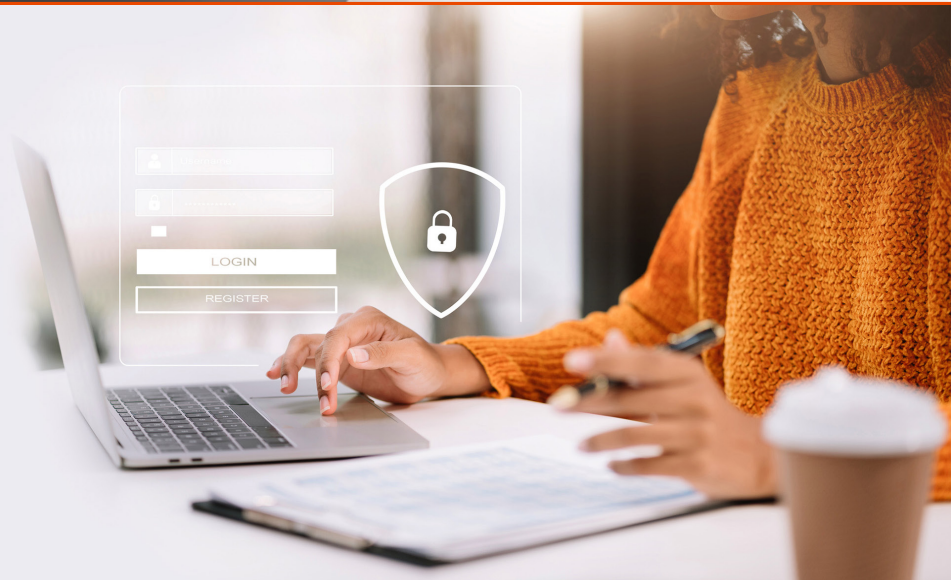# MANAGING SECURITY FATIGUE

With so much of what we do online and all the things we must remember to do and worry about, it can be easy to neglect the important pieces that keep us and our family safe. It can be overwhelming. If you have sometimes bypassed security or left it to the app or site you want to visit, use weak but easy-to-remember passwords, ignore software updates, saying you'll do it later but never do, you might be a little fatigued.

Dealing with security fatigue at home and at work can sometimes be exhausting, but fear not—we've got your back! Here are six simple tips to help you conquer security fatigue and stay sharp at home and at work.

Spice Up Your Passwords
Whip up some exciting new passphrases to keep those cyber baddies at bay! Mixing in a dash of randomness, a pinch of symbols, and a sprinkle of uppercase letters for extra flavor. But hey, if cooking up passwords isn't your thing, there's no need to stress!

Consider a password manager to generate strong passwords for you. No more memorizing multiple passwords and it keeps them safe and sound. So, don't let the dreaded 'expiring password' message freak you out – give your passwords a tasty makeover and stay cyber-safe with ease!

Phish for Knowledge
No, not the kind of fish! Dive into the sea of phishing awareness! Equip yourself with the savvy phishing skills to reel in those tricky emails pretending to be a long-lost Nigerian prince and avoid getting hooked by cyber scammers. With a bit of knowledge and a keen eye, you can navigate the phishing waters like a pro!

Multi-Factor All the Way
Double the security, double the peace of mind! Embrace multi-factor authentication as your trusty companion that easily adds an extra layer of protection to your digital fortress. Even if someone

stumbles upon your doodled-down list of passwords, they'll hit a roadblock without that unique piece of info that only you possess. It's superhero-level protection against potential cyber attackers, and one less thing to worry about.

Update: Don't Procrastinate
It's like giving your devices a digital spa day! Keep your software and apps fresh and fabulous by staying on top of updates to ward off any lurking cyber critters. Want to make it easier? Set up auto-updating! Not just ensuring your digital tools run efficiently but also fortifying your defenses against potential security breaches. And leaving one less thing to remember

Brew Some Cyber Hygiene
Just like your morning teeth brushing routine keeps your smile sparkling, practicing good cyber hygiene is like giving your digital life a refreshing boost. It's about a simple routine becoming a habit of keeping your devices clean, clearing out the cobwebs of old files, and keeping your digital space tidy. Cheers to sparkling devices and stress-free scrolling!

Shred the Evidence
When you no longer need physical documents with sensitive info, shred them as if you were a secret agent on a mission. Keep your shredder happy and your data safe!

Take Breaks, Not Risks
Step away from the screen and give your brain a breather. Taking breaks not only boosts your productivity but also serves as a mental refresher, helping you stay vigilant and sharp when it comes to cybersecurity.

By mixing these tips into your daily routine, you'll be on your way to beating that security fatigue and start feeling like the cyber superhero you truly are!