



## Boost your cyber wellness

### Description

During the COVID-19 pandemic, there was a significant rise in phishing attacks, with many users falling victim to scams via phone, SMS and on social media. Knowing why this happened has taught us valuable lessons on how to be more prepared for the problem.

Many users were experiencing emotional fatigue during the pandemic due to feelings of isolation, multi-tasking, a lack of work/life balance, over-communication, digital distractions and a chaotic home life.

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Phishing (emails or messages pretending to be from reputable companies to trick you into revealing personal information) triggers an emotional response so that you click on the suspect link without thinking clearly. The overwhelming stress and distractions during the pandemic heightened people's emotional responses, making them more susceptible to phishing scams.

**A presentation by Cyberlinx Security at the recent cybersecurity roadshow revealed that of people who clicked on phishing links during this period:**

were distracted  
51%  
were stressed  
50%  
were burned out  
34%  
were tired  
51%  
were working too quickly  
47%

**Stress (less)**

At the core of being emotionally overwhelmed is unmanaged stress. We've got a few tips to help you stress less and guard against being vulnerable to cyber criminals.

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**Breathing exercises:**

- Box breathing: Inhale for 10 seconds, hold for 10 seconds, exhale for 10 seconds, and hold again. This simple exercise calms the mind.
- Focus point breathing: Focus on a black dot within a white circle while breathing, as this reduces distractions.

2

**Tones and sounds (not music):**

Music can be distracting due to changing tempos and lyrics. Instead, try:

- White noise: Vacuum or hair dryer sounds to block out background noise.
- Binary beats: Steady beats help maintain focus.
- Nature sounds: Sounds like ocean waves or rain create a calming environment.

3

**Doodling or drawing:**

Short doodling: Draw simple shapes for 3 minutes to refocus.

Avoid over-doodling: Longer doodling can become distracting.

4

**Scents and smells:**

Introducing certain smells into your workspace can influence mood and reduce stress. Examples include, but not limited to:

- Lavender: helps reduce anxiety.
- Citrus: promotes focus and clarity.
- Peppermint: boosts concentration and mental clarity.

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**Additional tips for managing stress:**

- Establish a Routine: Include regular breaks and clearly separate work from personal time.
- Exercise Regularly: Physical activity helps relieve stress.
- Stay Connected: Engage in virtual meetups or phone calls to combat isolation.
- Create a Dedicated Workspace: Set aside a specific area for work to minimize distractions.
- Practice Mindfulness: Try meditation or yoga to manage stress and improve focus.

6

**Recommended mindfulness apps:**

**For adults:**

- The Zensory
- FitMind
- Calm

**For Kids:**

- Smiling Mind
- Ninja Focus
- Moshi

## Category

1. Our Knowledge Centre

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