Protect Yourself from Identity Theft

There are steps you can take to prevent your information from being misused.

Strengthen your privacy settings:
- Change your passwords periodically.
- Use strong passwords that include a combination of letters, numbers, and symbols.
- Enable two-factor authentication if available.

Secure your personal information:
- Be cautious with sharing your personal information online, especially on social media.
- Use a secure password manager to store your passwords.
- Be wary of phishing attempts, such as emails or texts asking for personal information.

Keep your devices and software up to date:
- Regularly update your operating systems and software to protect against vulnerabilities.
- Use antivirus software to prevent malware.

Monitor your accounts:
- Check your bank statements and credit card statements regularly.
- Set up alerts for unusual activity on your accounts.

Tips for Overcoming Stage Fright

Learn to like what happens in your anxiety before the job, so you can experience less of it. You might go about it this way: 1) Pay attention to your gut telling you to act. 2) Resist the temptation to use procrastination as a way to manage anxiety. 3) On the job, keep the big picture in mind. Doing so will cause you to feel more energized by work tasks, rather than perceive them as a crisis that includes more stress. To be proactive: 1) Pay attention to your gut telling you to act. 2) Resist the temptation to use procrastination as a way to manage anxiety. 3) On the job, keep the big picture in mind. Doing so will cause you to feel more energized by work tasks, rather than perceive them as a crisis that includes more stress. To be proactive: 1) Pay attention to your gut telling you to act. 2) Resist the temptation to use procrastination as a way to manage anxiety. 3) On the job, keep the big picture in mind. Doing so will cause you to feel more energized by work tasks, rather than perceive them as a crisis that includes more stress. To be proactive: 1) Pay attention to your gut telling you to act. 2) Resist the temptation to use procrastination as a way to manage anxiety.