



## DON'T GET CAUGHT: USING MINDFULNESS TO FOIL PHISHERS, HACKERS, AND CYBER-CROOKS

### JUST WHAT IS MINDFULNESS, ANYWAY?

Mindfulness is a quality of mind that is awake, that is alert, and that *knows* it. It is the opposite of being on *autopilot*.

### WHAT DOES MINDFULNESS HAVE TO DO WITH CYBER SAFETY?

Have you ever impulsively clicked on a link and then had that sinking feeling that...maybe you shouldn't have? Cyber-attacks are getting more sophisticated by the day, and a hacker's best tool is knowing when your brain is at its worst—which is when it's been placed in a state of stress. Phishing emails are increasingly being designed to make you click on dangerous links as quickly and thoughtlessly as possible, before you've had a chance to digest whether anything seems "off" about what you've received. Applying mindfulness can help protect you, and Harvard, from this very real threat. **Sign up today** and attend in-person or via **WebEx!**

**Date:** Tuesday, October 22, 2019 1:00 – 2:30 PM

**Location:** 114 Mt. Auburn St. Cambridge & via WebEx

**Length:** 90 minutes

**Register:** [here](#)  
(Mindful Strategies for Cyber Safety)

**Cost:** Free

*Learn more and find links to register in the training portal on HARVie:*

**<https://hr.harvard.edu/mindfulness>**



Find solutions, stay centered, plan to thrive. **Make it your Harvard.**