

THE AGE OF DIGITAL ANXIETY

Remote work makes digital anxiety around security and privacy issues even more common.

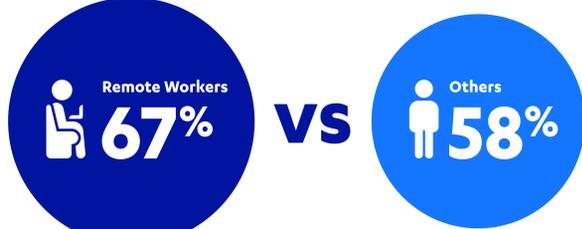


79% of those who reported working from home more in the 12 months prior to filling out a recent survey said that it has increased their awareness of security risks.



Worries about online security and privacy, even when nothing is wrong, are more common for people that work remotely.

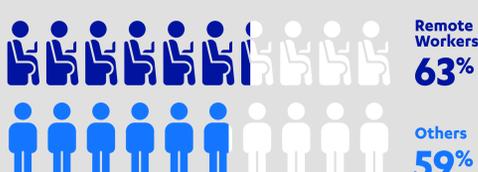
Concerns about online security and privacy aren't unusual. In a recent survey, however, remote workers reported elevated concerns about issue after issue.



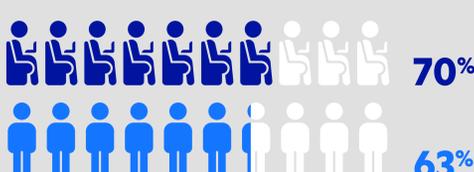
Feeling Overwhelmed

ologies Habits

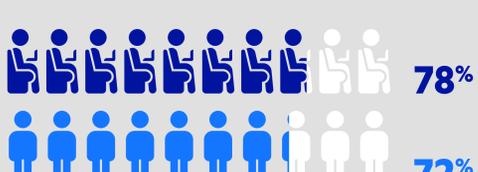
Trying to manage security across all my connected devices feels like an almost impossible task



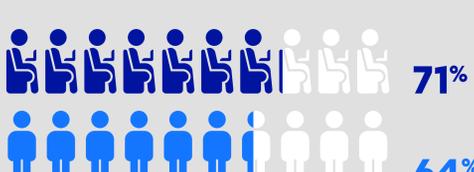
I feel increasingly uncomfortable connecting to public WIFI because of the potential security risks



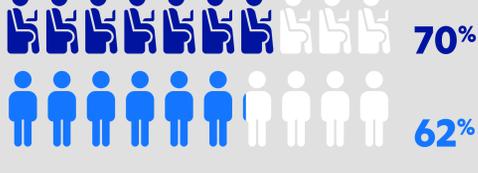
I increasingly try to reduce the amount of personal information given when filling-in online registrations or making online purchases



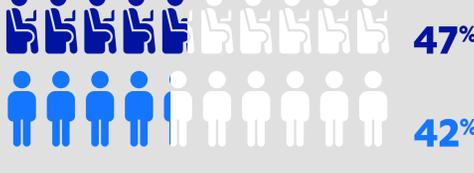
I worry that one of my internet connected devices could get infected by a virus/malware, or be hacked



I worry that my new internet connected devices could lead to a violation of my privacy



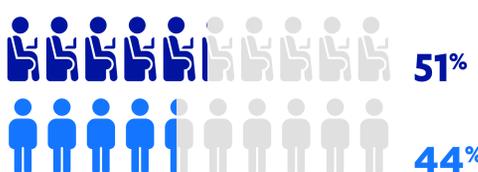
In the last 12 months I feel that it has become more difficult to manage my passwords



Feeling Avoiding New Technologies

Habits

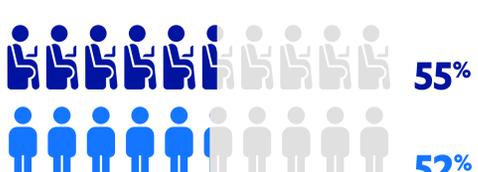
I have put off buying or decided not to buy a connected device because I was not confident that it was sufficiently secure



I have put off buying or decided not to buy an "intelligent" device or service (Alexa, Google home, Siri) because I worry about the amount of my personal data that is being collected



I have decided not to use an "intelligent" service (e.g. Siri) because I worry about the amount of my personal data that is being collected



Feeling Avoiding New Technologies Changing Habits

My concerns about my data privacy have increased in recent months and I've changed my internet habits as a result



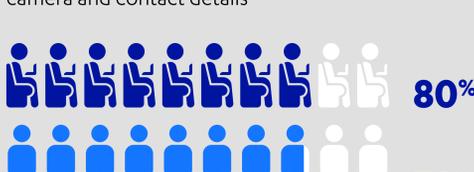
It really feels like the internet is becoming a more dangerous place and I've changed my internet habits because of this



I avoid using public WiFi because I worry about hackers being able to access my private data or my device becoming infected



I avoid installing apps that ask unnecessary permissions, such as permission to use my camera and contact details



Source: F-Secure Consumer Survey Wave 4 (2021), nine countries (USA, UK, Germany, France, Brazil, The Netherlands, Mexico, Sweden, Japan), sample size 800/country, total 7200 respondents.

HOW TO EASE THE ANXIETY

Basic online security and privacy measures can help manage the risks of using our devices for work and fun. Establishing smart habits can also help workers stay safe and private, no matter what they're doing online.

- 1.1 AVOID OVERSHARING YOUR SCREEN DURING ONLINE MEETINGS. USE BLURRING OR A BACKGROUND IMAGE WHEN NECESSARY.
- 1.2 SECURE YOUR PRIVACY WITH A VPN.
- 1.3 SECURE YOUR HOME NETWORK BY UNPLUGGING UNNECESSARY DEVICES AND USING STRONG AND UNIQUE WIFI AND ROUTER PASSWORDS.
- 1.4 MAKE SURE THE SYSTEM, PROGRAMS AND SECURITY SOFTWARE ARE UP-TO-DATE ON ALL YOUR WORK AND PERSONAL DEVICES.
- 1.5 REPORT SUSPICIOUS EMAILS, MESSAGES, PHONE CALLS, OR OTHER COMMUNICATIONS TO YOUR EMPLOYER.

However, these steps may not be enough to ease digital anxiety. Taking on worries that occur even when nothing is wrong may require clearer boundaries between work and personal device use.

- 2.1 AVOID USING YOUR WORK DEVICES AND HOME OFFICE FOR PERSONAL BUSINESS OR RECREATION.
- 2.2 SET BOUNDARIES WHEN IT COMES WORK—THIS REQUIRES BEING COMFORTABLE NOT CHECKING WORK DEVICES OR EMAILS DURING SET OFF TIMES.
- 2.3 AVOID REGISTERING YOUR WORK EMAIL FOR PERSONAL SERVICES.

ABOUT F-SECURE

Nobody has better visibility into real-life cyber attacks than F-Secure. We're closing the gap between detection and response, utilizing hundreds of our industry's best technical consultants, millions of devices running our award-winning software and ceaseless innovations in artificial intelligence. Top banks and enterprises trust our commitment to beating the world's most potent threats.

Together with our network of the top channel partners and over 200 service providers, we're on a mission to make sure everyone has the enterprise-grade cyber security we all need. Founded in 1988, F-Secure is listed on the NASDAQ OMX Helsinki Ltd.

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