NEOLORE NETWORKS INC.

TECHLORE

"Insider Tips to Make Your Business Run Faster, Easier and More Profitable"

INSIDE THIS ISSUE:

"As a business owner, you don't have time to waste on technical and operational issues. That's where we shine! Call us and put an end to your IT problems finally and forever!"
-Jim Stackhouse
NeoLore Networks

Work-Life Balance – 5 Strategies to Prevent Burnout

The symptoms of burnout are different for everyone – and sometimes it can be hard to recognize, or acknowledge, that you need to come up with strategies for a healthy work-life balance before sacrificing your job, your health, or both.

Here are some of the signs of job burnout:

- **Feeling emotionally drained and frustrated** – You find yourself feeling a lot of anger and anxiety, not just at work but at home as well.

- **You find it hard to disengage from work at the end of the day** – Whether you work for someone else or have your own business, a sure sign of burnout is not being able to "turn off" the work switch.

- **Stress is starting to affect your work** – What can usually be considered average "work stress" has become more of a conflict. You find yourself short with coworkers both in person and in email.

- **You have problems concentrating** – Burnout can leave you feeling unfocused and unable to focus, which can affect your work performance.

- **You're losing your energetic spark** – Burnout can zap you of energy, taking the passion out of activities you usually love doing outside of work.

If you're experiencing one or more of these signs, it may be time to make some changes. Here are some strategies you can use to promote work-life balance:

1. Flexible Work Schedule

Ask for flexible hours to accommodate your personal life. Many employers are willing to adjust your schedule to help you achieve better work-life balance, such as shifting your work hours to start later so you can take your child to school.

2. Work From Home

Technology today allows us to work from home or anywhere else we can connect online. Talk to your employer about being able to work remotely if not all the time, then one or two times a week. There's been a lot of recent studies showing that businesses that allow their employees to work at least part of the time experience an increase in productivity and employee satisfaction.

3. Create Work-Life Boundaries

Many of us are connected to our jobs 24/7. How many times have you been home on the weekend and found yourself checking your email or voice messages? Turn off work-related notifications on your phone during those hours when you're not working. Be clear with yourself that when work hours are over, you're engaged in your personal life!

4. Take Time to Recharge

Take some time for yourself both in your own life and at work. This can mean a yoga class on Saturday morning or a bike ride on Sunday afternoon. It also means allowing yourself to take time to recharge when you're at work. Instead of getting frustrated and upset over a task at work or something your co-worker did or didn't do, get up and take a break. It can be as easy as stepping outside for a 10-minute walk around the block. Consider this your time to recharge and refocus before returning to work.

5. Work On Your Personal Wellness

Understand the importance of taking care of your physical and mental health. Make exercise more of a priority in your life. Being active can help relieve stress and give your brain a much-needed recharge. Set a reminder to get up and take one or two walking breaks during your workday. Join a fitness class in the evenings or on weekends. Focus on nutrition and what you're putting into your body – choose healthy snacks and give up the junk food!

Both Employee and Employer Benefit From Work-Life Balance

Work-life balance benefits for both employee and employer. Employees feel more relaxed and emotionally ready to give their best to their job. And employers will have workers who are more focused and energetic to do those jobs. Take some time today to check in with yourself. Is your work-life balance working for you?
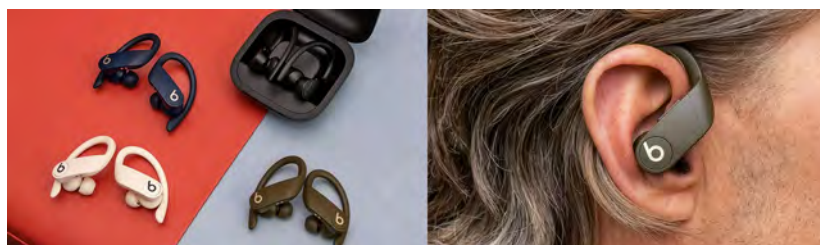
Gadget of the Month: Powerbeats Pro

Get a truly wireless audio experience with superior sound quality compared to the Apple Airpods. Unlike the Airpods the Powerbeats Pro feature a clip that keeps them in place on your ear which is a massive benefit if you use them for activities such as working out. Swappable ear tips that offer higher water and sweat resistance. They run off the new H1 chip which supports Siri, longer battery life and faster pairing. Available in multiple colors at www.beatsbydre.com

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Malware Mines Cryptocurrency Using Victims' Computers

With cryptocurrency becoming popular across the globe, more and more people have started growing concerned about cryptojacking. As the name suggests, it is an illegal process conducted by a cryptocurrency hacker, who directs a computer's power to mine various cryptocurrencies including monero and bitcoin. The funds are then transferred to the hacker's account.

The cryptojacking malware makes computers work slower than their usual speed. Computer owners aren't aware of the virus because it is tough to detect as it runs quietly in the background. The only way to diagnose it is through progressive performance degradation. What happens during a hack is that as the computer slows down, it starts consuming more power. At the end of the month, the owner gets a massive bill that totals between $531 and $26,170, depending upon how much power the mining of one bitcoin took.

McAfee Labs recently discovered WebCobra, a Russian cryptojacking malware that silently enters your computer and self-installs a software called Claymore's Zcash miner or Cryptonight miner. According to the researchers, the malware enters through rogue PUP installers, which is a common trend they have observed in the United States, South Africa, and Brazil. They are still trying to understand how it progresses inside the computer, but they know for sure that WebCobra tries its best to understand the victim's computer.

McAfee researchers also found out that an increase in cryptocurrency rates and cryptojacking are related. It is especially true with WebCobra as there's definitive proof about their relation. It has encouraged hackers to pursue cybercrimes to steal machine resources without the computer owner's approval.

Cryptojacking is organized crime, and even though the victims should find out about it immediately, it doesn't seem to happen. Even multinational enterprises and government agencies are a target. According to McAfee researchers, most recently the municipal administration of Andhra Pradesh, Tirupati Municipal Corporation, and Macherla municipality websites was among the hundreds of government agency websites that were hacked by the malware.

Computers and laptops are no longer just the targets as the malware is now attacking Android phones as well.

How to Prevent Getting Cryptojacked?

The first step towards preventing cryptojacking is including cryptocurrency threats in your business's cybersecurity training with particular emphasis on phishing-type attempts. You should install ad-blocking or anti-cryptomining extension on all web browsers you use. Update your web browser's filtering tools from time to time and download mobile device management to check if there's any suspicious activity on connected devices.

Security Tips For Working From Home

Keep Company Laptop Secure

If you're bringing home your work laptop, you should be the only one using it. Letting family members use your work device puts sensitive company data at risk.

Be Familiar With Your Company's Policies

Most businesses that allow their employees to work from home will have policies in place for remote workers. Know what these policies are.

Up-to-Date Antivirus

Whether you're using your device or one that is company owned, use antivirus software that includes web filtering and a network firewall.

Avoid Using Public Wi-Fi

It can be tempting to work from your local café, but this exposes your company data to an insecure public Wi-Fi. If you're going to be working remotely, do it from home.

Share Your Phone With "Squad"

Screen sharing has been around for a while now, letting you share your desktop. So you knew it was coming sooner or later…an app that enables you to share your phone screen with up to six people.

Currently available for iOS, with a beta version for Android, Squad is a fresh new social networking app that's been designed so that users can share any app on their phone with family and friends, such as Snapchat and Instagram. You'll be able to watch videos with friends, share photos, or even go shopping together.

While adults may not be lining up to download Squad, the younger generation certainly is. Squad is highly appealing to teens who seem to spend just as much time connecting with their friends online as they do in person.

## Using TED Talks to Motivate You and Your Employees

Staying motivated isn't always an easy thing for you or your employees. Sometimes we all need that little bit of encouragement to inspire us. Here's where TED Talks come in – some great Talks deliver messages on motivation in the workplace.

TED Talks have been dedicated to sharing ideas about all kinds of topics since 1984 when they launched a conference with a focus on "technology, entertainment, and design." Since then, TED Talks have branched out to include a wide variety of topics and ideas, including motivation and purpose at work.

Are you looking for an excellent motivational TED Talk to get you started? "*What Makes Us Feel Good About Our Work*" by Dan Ariely, a behavioural economist, is an excellent TED Talk, to begin with. Ariely talks about what keeps people engaged at work and makes them want to come into work each day.

Tech Tip – Find Keywords Fast on Web Pages

You're scanning through a long webpage looking for just that one bit of information. Make it easy by hitting Control + F. In Firefox you'll get a "find in page" box in the bottom left of the window. In Chrome, you'll search from the upper right-hand corner. Just key in the phrase or word you need, and you'll be directed right to it, saving you a lot of reading time!
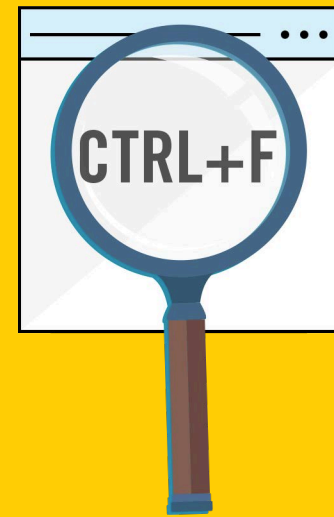
Windows 7 End of Life is Coming, are you Prepared?

As of January 14th, 2020, Microsoft will no longer be providing support or patches for the following software platforms: Windows 7, Office 2010, Exchange 2010, Windows Server 2008/ R2 and Small Business Server 2011.

Who Wants to Win a $25 Tim's Card?

The Prize Winner of last month's Trivia Challenge Quiz is Mike H! Mike correctly answered last month's quiz question:

Question: How many devices has Windows 10 reached?

Answer: 800 Million

Now, here's this month's trivia question. The winner will receive a $25 Tim's Card!

Question: What is one strategy to prevent burnout?

Call (613) 594-9199 right now with your answer! Or email trivia@neolore.com.