

Cybersecurity is critical in daily life because an attack can be extremely costly. If a hacker manages to get into your email account and change the password, it's gone. If a virus creates a backdoor into the company servers, all that data can be sold or held for ransom.

Good security practices can be really simple. Never click on a link you receive through an email, use a password manager, and change the default password on your router. All of these are extremely simple changes that can make a world of difference.

Even in the workplace there are risks. Unauthorized people could attempt to piggy back you when you enter the building. Even something as innocent as asking where employees like to eat could be social manipulation.

Cybersecurity is a challenge because the threats are always shifting and changing. There are so many avenues of attack that it is impossible to block them all without getting in the way of legitimate users.

You should have a backup or a recovery plan for when things inevitably get hacked. As the only way to be totally safe on the internet is to not use computers at all; I originally typed, "... is to not use the internet at all", but then I thought about it, and then I remembered Stuxnet.