If you've ever been frustrated because of a password, you're not alone!

Passwords

Advice you've probably seen

1. Change your password regularly
2. Pick complex passwords
3. Don't reuse passwords

Is it any good?

Changing your password does not do very much UNLESS you know it has been leaked or guessed.

Choosing complex passwords makes them harder to guess and break, but also makes them difficult to remember. Also, this interferes with…

Not reusing passwords is by far the most effective piece of advice. This means that if your password gets leaked or guessed, your other services don't get compromised.

But HOW can I do this?

Password managers are a great way to have strong, unique passwords that you won't forget. And if you're worried that you will lose access to your services, they are designed to make sure you have backups and retain access should something go wrong.

Passwords and Password Managers aren't enough

Passwords alone are not particularly good – you can forget or lose your password, and someone could guess or get access to it by hacking the computers they are stored in. Having more than one way to prove your identity – **Multi-factor authentication** – makes it much harder for someone to get into your accounts. Many companies now offer options for 2-factor authentication, and a mobile phone is a very convenient way of allowing this as many have fingerprint readers or can receive additional SMS messages with authentication codes.

Look out for options to enable 2-factor authentication in the services you use, and look for ways of using 2-factor authentication more widely. For example, google authenticator can be used for a wide variety of services.

Don't forget

Many older devices you no longer use might hold some of your passwords. If you've changed phones or computers, you may wish to check to make sure that they don't contain any of this information.

Also, if you use a mobile phone number as an additional authentication factor, make sure you update the services that you use if you change number!