

# Password Reset Assistance

Dear [User's Name],

We received a request to reset the password for your account. If you did not make this request, please disregard this email.

To reset your password, please click the link below:

[Reset My Password](#)

For your security, we recommend the following tips when creating your new password:

- Use at least 12 characters, including upper and lower case letters, numbers, and symbols.
- Avoid using easily guessable information like your name or birthdate.
- Consider using a password manager to help generate and store strong passwords.
- Change your passwords regularly and do not reuse old passwords.

If you have any questions or need further assistance, please feel free to contact our support team.

Best regards,

[Your Company's Name] Support Team