

_Watch Settings in Email Message

The email notifications that you receive from Confluence have some useful links at the bottom of the email message. The links in each message vary, depending on the context. In general, the links allow you to view the page online, reply to a comment, and so on. In particular with respect to setting your notification preferences, you will see one or more of the following links:

- **'Stop watching page'** – Click this link to stop watching the page that triggered the email notification.
- **'Stop watching space'** – Click this link to stop watching the space that triggered the email notification.
- **'Stop following this user'** – Click this link to stop following the user whose update triggered the email notification.
- **'Change email notification preferences'** – Click this link to go to the email settings page in your user profile.