



# Blocking notifications from Confluence

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The following slides show how you can stop receiving email notifications from Confluence.

For those of you working with others (e.g. Carol or Deirdre) please do not block notifications you may get when pages in your Space are edited.



**1. Click on your profile image**

Invite Users Create Space

- Personal space Deirdre Bee
- Recently viewed
- Recently worked on

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- Profile
- Tasks
- Saved for later
- Watches
- Drafts
- Network
- Settings
- Atlassian Marketplace
- Acknowledged notifications

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- Log Out

**2. Select settings**

Welcome to C



Confluence is where your team  
knowledge — create, share and  
minutes, specs, mockups, d

Share useful links, announce

Customise

### 3. Select watches or Email

Profile Tasks Saved for later Watches Drafts Network Settings

#### YOUR SETTINGS

Password

Email

Editor

Table Filter and Charts

#### GADGETS

View OAuth Access Tokens

## Settings

Site Homepage Site Default (Dashboard)

Language Automatically detect browser setting  
Find more language packs on the [Atlassian Marketplace](#).

Time zone (GMT+0100) Brussels, Copenhagen, Madrid, Paris

Keyboard Shortcuts  Enable  
Enable keyboard shortcuts (does not apply to editor shc

#### 4. You can click on Stop Watching




##### Space Watches

 RMW Knowledge Base	Stop Watching
 Product Profiles	Stop Watching
 Annotation Knowledge Base	Stop Watching
 Deirdre Beecher	Stop Watching
 In Process	Stop Watching
 Linked Data Program	Start Watching
 Innovations projects	Start Watching
 Injuries Group	Start Watching
 Epilepsy Group	Start Watching
 Cochrane Annotation Vocabulary Development	Stop Watching
 Vivli	Stop Watching



5. Selecting Watches brings you to a page which lists all the pages you are watching or following. Scroll to bottom of page and click on email settings

 [Reviews superseded \(Pregnancy&childbirth Group\)](#)

 [CD007366 \(Pregnancy&childbirth Group\)](#)

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You can set your email notification options on the [email settings](#) page.

## Email Settings

Autowatch

Pages and blog posts that you create, edit or comment on will automatically be watched for future

Subscribe to daily updates

You will receive a daily email report summarising all changes that you have permission to view.

Subscribe to all blog posts

You will receive an email when any blog post is added, even if it is in a space you aren't watching.

Subscribe to network

**6. Click on edit and then tick or untick subscriptions or notifications**

or changes content.

You will receive an email when anyone chooses to follow you.

Notify on my actions

You will receive notifications for changes you make, in addition to other people's changes.

Show changed content

Check this option to see changes made in Edit notification emails.

Subscribe to recommended updates

You will receive an email with recommended items based on comments and likes

Edit

## 7. When finished click on submit

You will receive an email when anyone chooses to follow you.

Notify on my actions

You will receive notifications for changes you make, in addition to other

Show changed content

Check this option to see changes made in Edit notification emails.

Subscribe to recommended updates

You will receive an email with recommended items based on commen