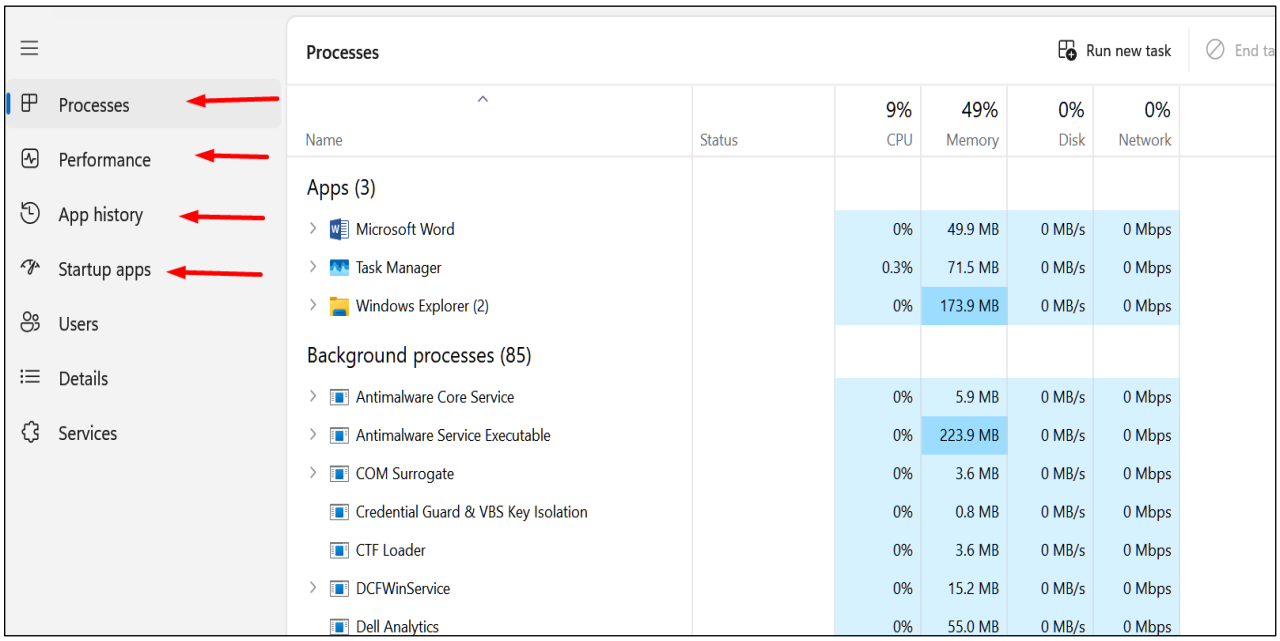
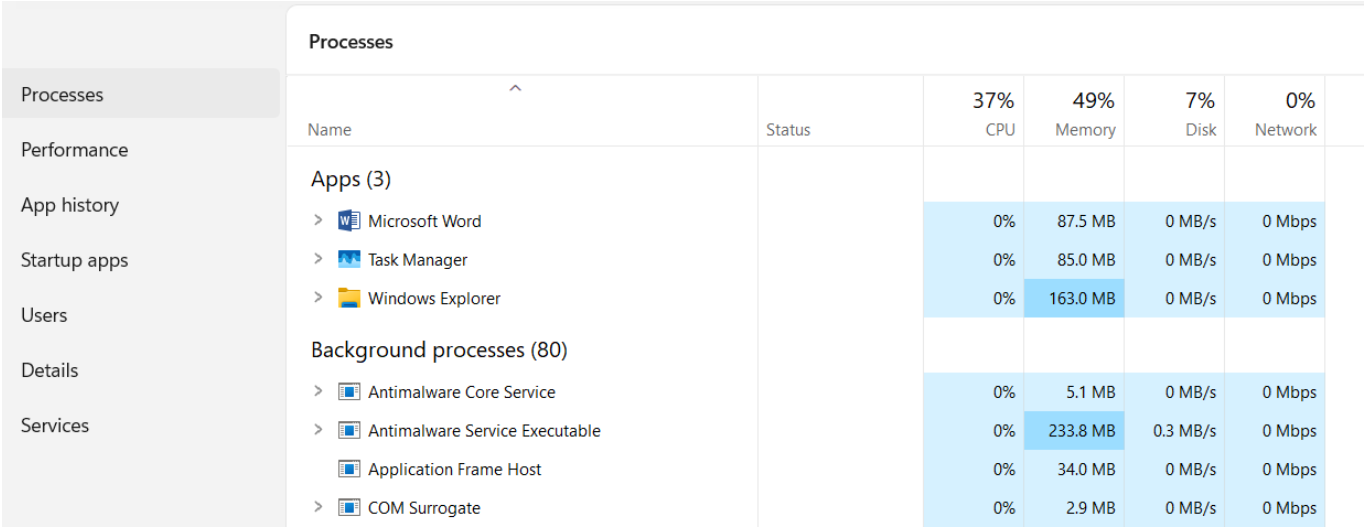
Task Manager and Start-up Apps

Right click on an empty space on the taskbar and click on Task Manager.

Here you see all the processes etc. running on your computer.

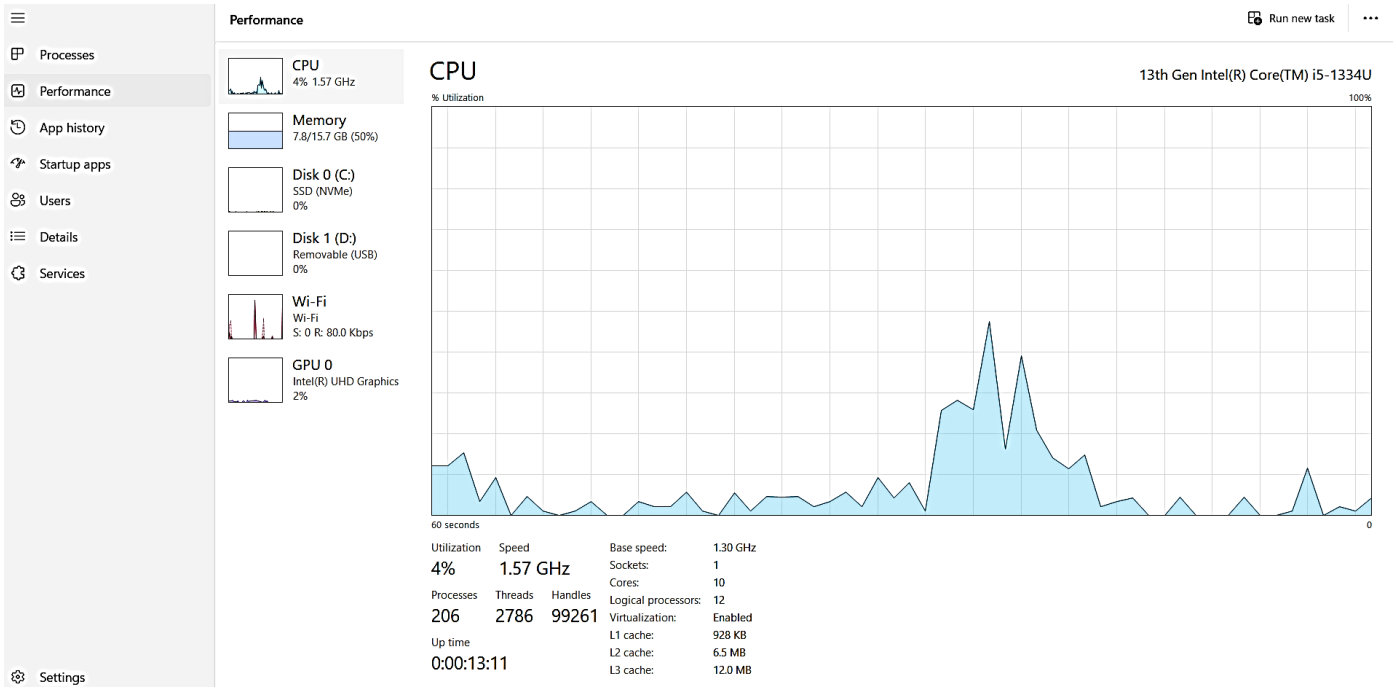


These are the processes



Click on Performance. This shows how the processes are using your computer central processing unit (CPU) as a graph of peaks as time passes. The higher the peaks the more processes are in action. It is not good if the peaks are continually too high and you must switch non-essential ones off.

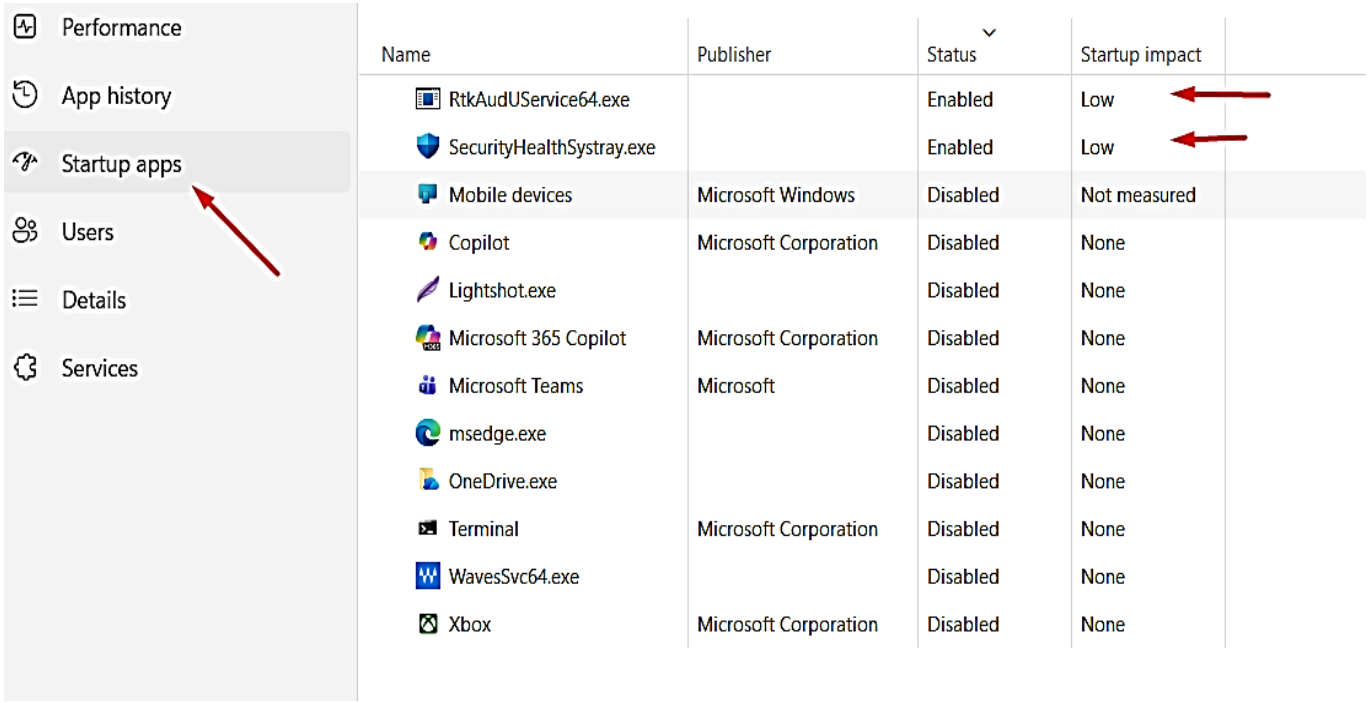
This is my desktop computer.



Check which Processes are automatically running on Start-up by clicking on "**Start-up Apps".**

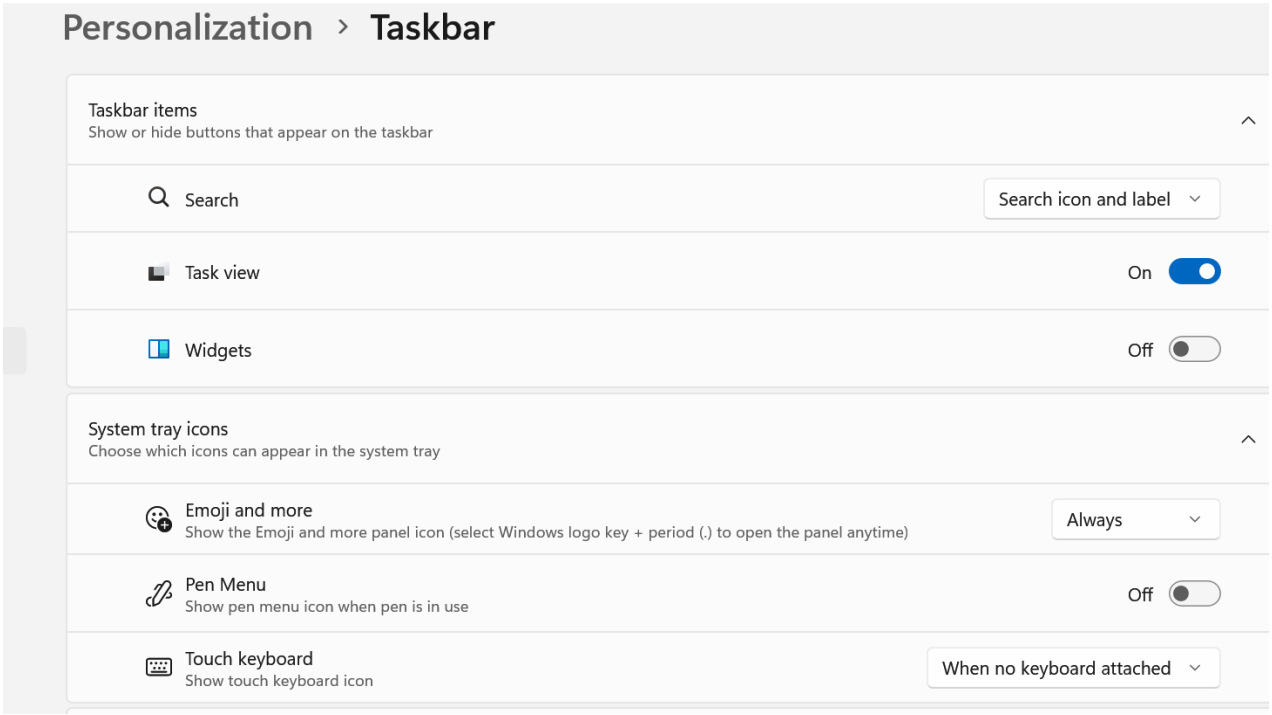
You will see that I have disabled everything except two

To "**enable**" or "**disable**" an item **Right Click** on an item to make a choice

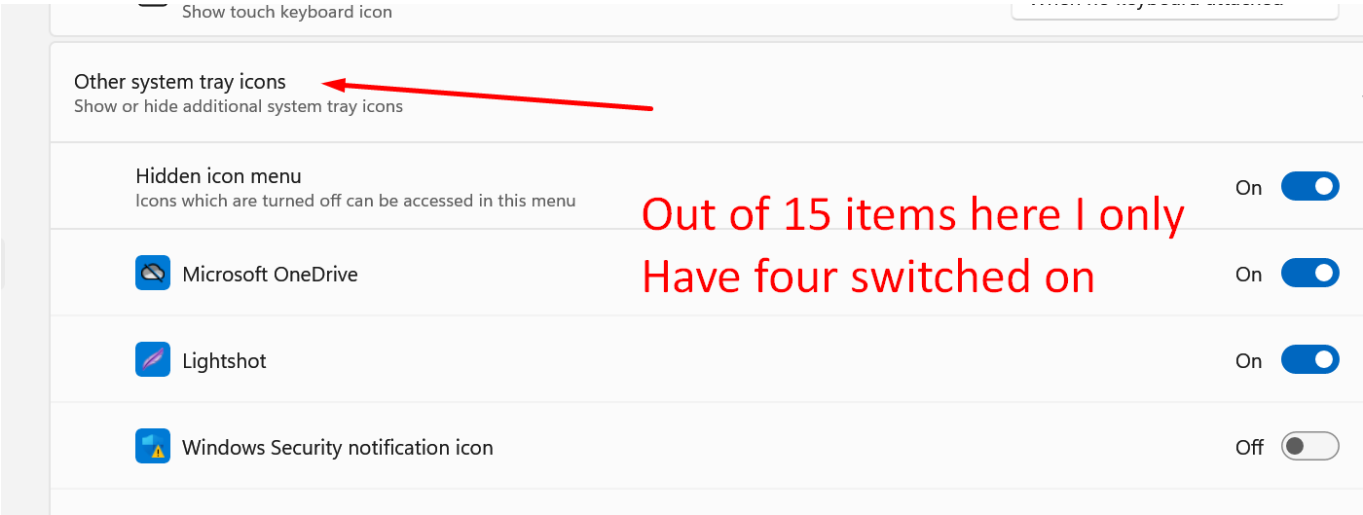


Disabling an item does not remove it from your computer. It does not start running when you switch on. When you need the item just click on it on your computer and it will start running. Otherwise it is using your CPU.

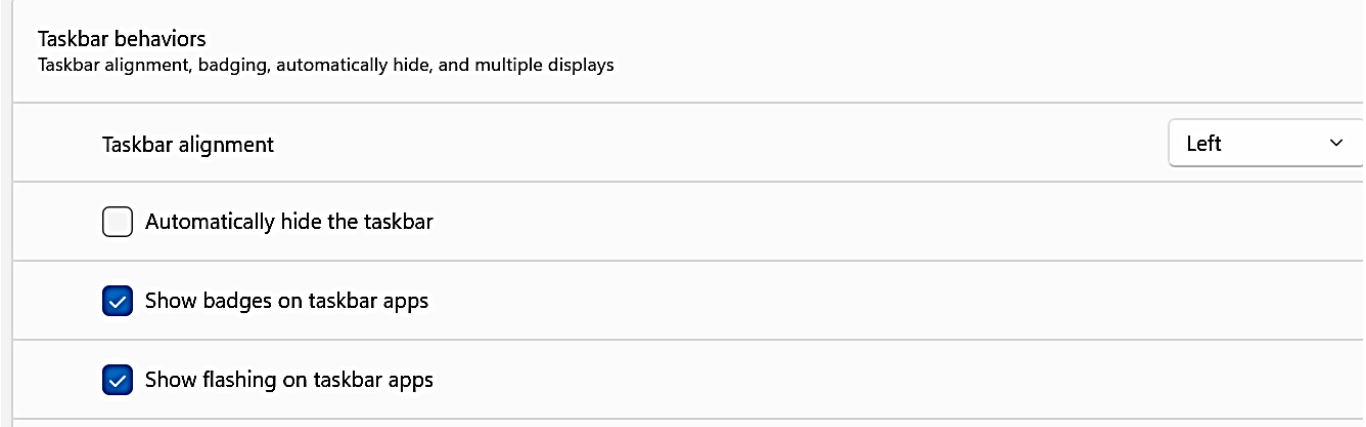
Now Right click on the taskbar and choose Taskbar settings. Below are my choices.



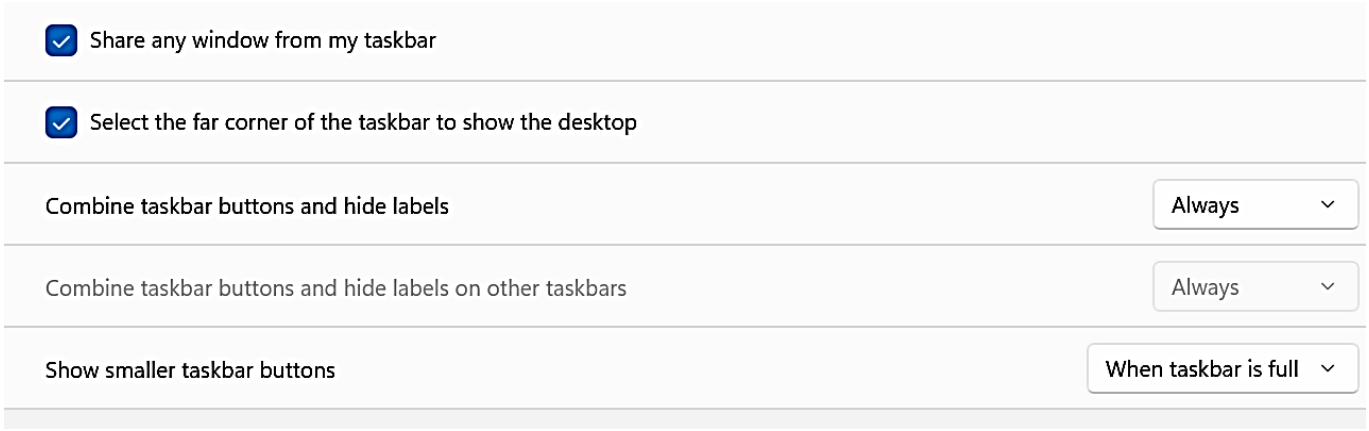
Other system tray items



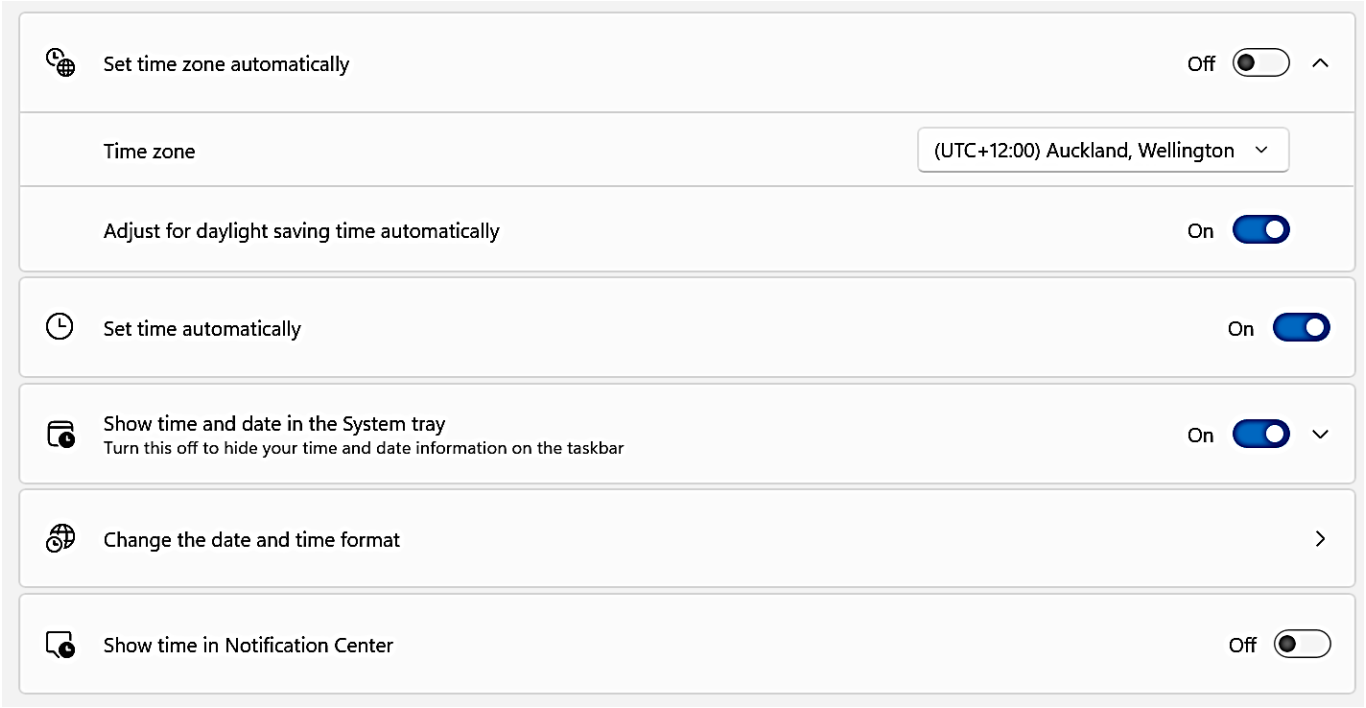
Taskbar behaviours



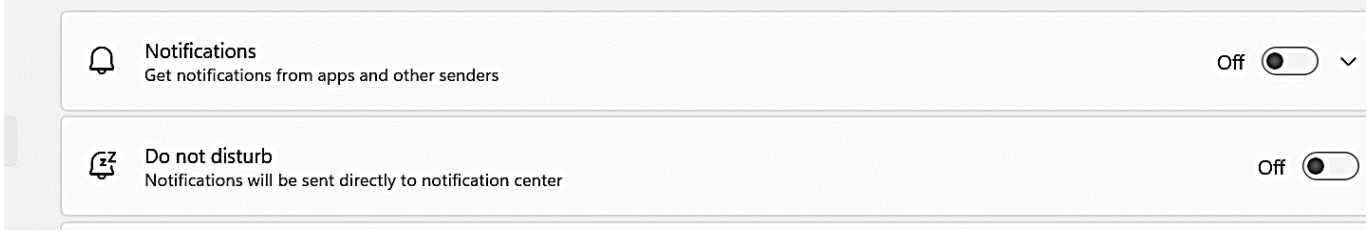
More

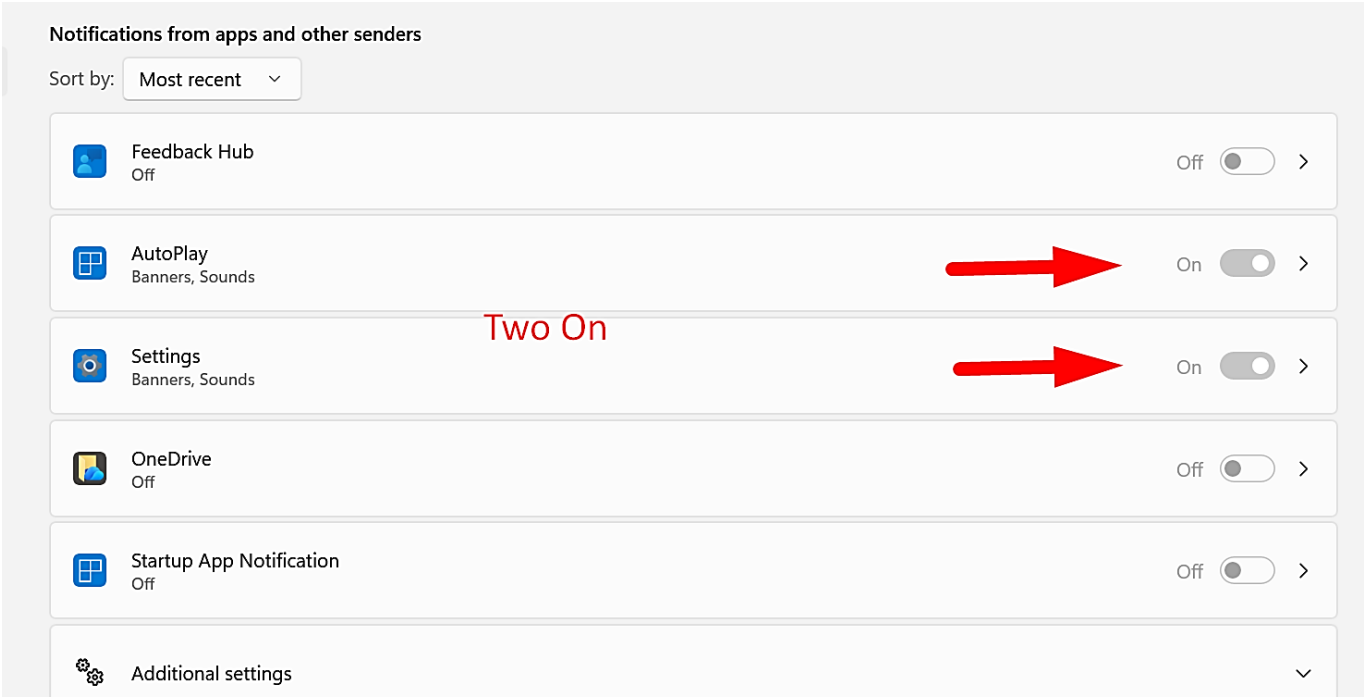


Date and Time



Notifications





That’s about it for now