

## A Quick Refresh for Your Devices

### Simple Habits That Boost Speed & Security

Slow startups, unexpected freezes, security alerts—most device issues don't appear overnight. The good news? A few simple habits can dramatically improve your device's speed, reliability, and security.

Think of this as a quick wellness check for your tech. These easy tips will help keep your devices running smoothly and safely—no technical expertise required.

#### Refresh Your Device Regularly

*Why it matters:* Updates and restarts help your device run faster, fix bugs, and close security gaps.

##### Quick wins:

- Restart your device weekly to clear out temporary issues
- Install updates as soon as they're available to close vulnerabilities
- Turn on automatic updates so you don't have to remember

#### Strengthen Your Security Tools

*Why it matters:* Built-in security tools protect you from malware, suspicious activity, and unauthorized access.

##### Quick wins:

- Confirm your antivirus or built-in tools are active and up to date
- Review app permissions and remove access that isn't necessary
- Delete apps you no longer use to reduce risk and clutter

#### Protect Your Data Like a Pro

*Why it matters:* Backups protect your work and personal data if a device is lost, damaged, or fails.

##### Quick wins:

- Enable automatic backups (cloud or external drive - bonus points for both!)
- Use encryption to protect confidential or sensitive information
- Test your backups to make sure they actually restore - future you will be grateful

#### Lock Down Your Network

*Why it matters:* An unsecured network can expose your data - even if your device itself is protected.

##### Quick wins:

- Change default router passwords and keep firmware updated
- Use strong Wi-Fi passwords (skip pet names and birthdays)
- Use a VPN when working remotely to shield activity and protect data in transit

Small habits really can make a big difference. Taking time to refresh your devices can help improve performance, reduce security risks, and stay ahead of potential issues.

Make these tips part of your regular routine, and enjoy a faster, safer, and more reliable digital experience—wherever you are.