

# Everyday Soul — CyberScrolls Series

## EP01 – Revive Your Slow PC

*By Helen Najar | Lionheart*

Guides and reflections for restoring performance and peace of mind — because even circuits deserve to breathe.



## ⚡ Quick Checks — 3 Steps to Speed

- 1. Open Task Manager** – Ctrl + Shift + Esc.
- 2. Disable Startup Apps** – Right-click unnecessary ones → Disable.
- 3. Clear Temp Files** – Windows + R → type %temp% → Delete all.

*Keep this page bookmarked. Do the quick actions now, then read the full steps below.*

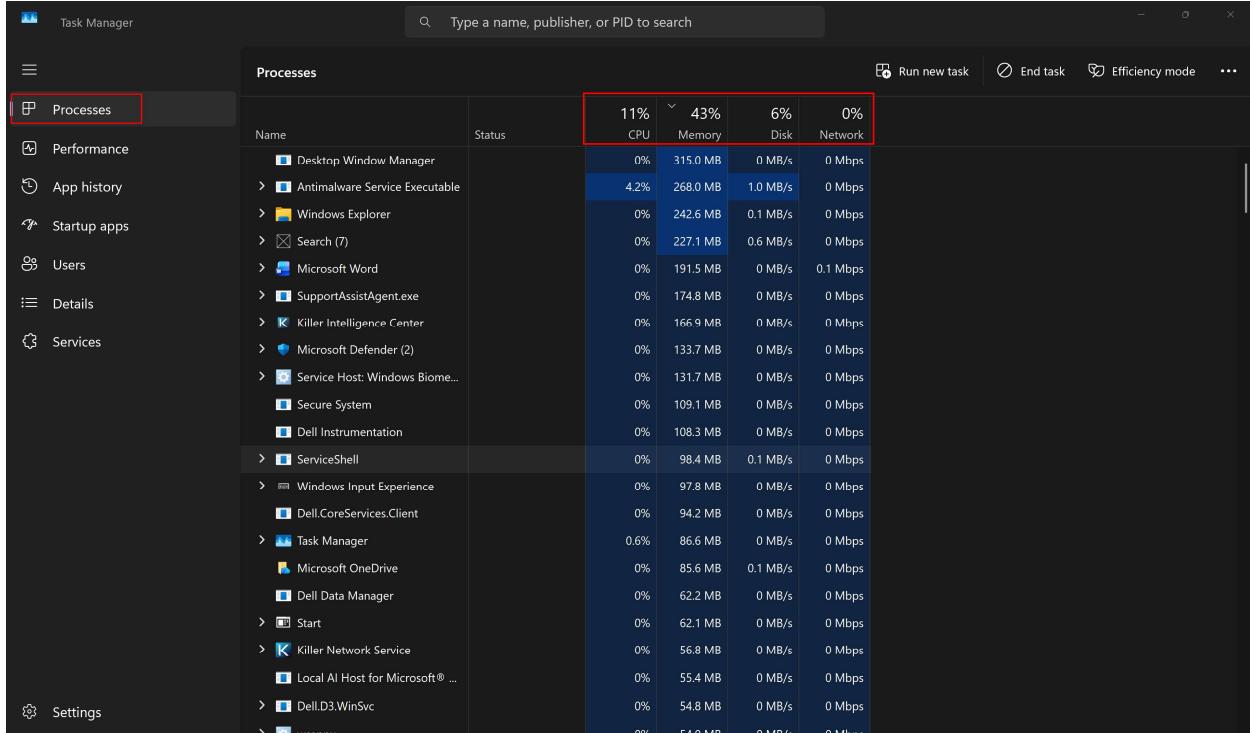
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# Full Guide — Reviving Your System

## 1. Find What's Slowing You Down

Open Task Manager → Processes → sort by CPU or Memory.

Identify apps constantly consuming power even when idle.



The screenshot shows the Windows Task Manager interface. The left sidebar has a 'Processes' button highlighted with a red border. The main area is titled 'Processes' and displays a list of running tasks. The columns are labeled 'Name', 'Status', and four performance metrics: 'CPU' (sorted by 11%), 'Memory' (sorted by 43%), 'Disk' (sorted by 6%), and 'Network' (sorted by 0%). A red box highlights the top row of the performance table. The list includes system processes like Desktop Window Manager, Antimalware Service Executable, and Task Manager, along with various applications and services.

Name	Status	11% CPU	43% Memory	6% Disk	0% Network
Desktop Window Manager	0%	315.0 MB	0 MB/s	0 Mbps	
Antimalware Service Executable	4.2%	268.0 MB	1.0 MB/s	0 Mbps	
Windows Explorer	0%	242.6 MB	0.1 MB/s	0 Mbps	
Search (7)	0%	227.1 MB	0.6 MB/s	0 Mbps	
Microsoft Word	0%	191.5 MB	0 MB/s	0.1 Mbps	
SupportAssistAgent.exe	0%	174.8 MB	0 MB/s	0 Mbps	
Killer Intelligence Center	0%	166.9 MB	0 MB/s	0 Mbps	
Microsoft Defender (2)	0%	133.7 MB	0 MB/s	0 Mbps	
Service Host: Windows Biome...	0%	131.7 MB	0 MB/s	0 Mbps	
Secure System	0%	109.1 MB	0 MB/s	0 Mbps	
Dell Instrumentation	0%	108.3 MB	0 MB/s	0 Mbps	
ServiceShell	0%	98.4 MB	0.1 MB/s	0 Mbps	
Windows Input Experience	0%	97.8 MB	0 MB/s	0 Mbps	
Dell.CoreServices.Client	0%	94.2 MB	0 MB/s	0 Mbps	
Task Manager	0.6%	86.6 MB	0 MB/s	0 Mbps	
Microsoft OneDrive	0%	85.6 MB	0.1 MB/s	0 Mbps	
Dell Data Manager	0%	62.2 MB	0 MB/s	0 Mbps	
Start	0%	62.1 MB	0 MB/s	0 Mbps	
Killer Network Service	0%	56.8 MB	0 MB/s	0 Mbps	
Local AI Host for Microsoft® ...	0%	55.4 MB	0 MB/s	0 Mbps	
Dell.D3.WinSvc	0%	54.8 MB	0 MB/s	0 Mbps	
...	...	...	...	...	...

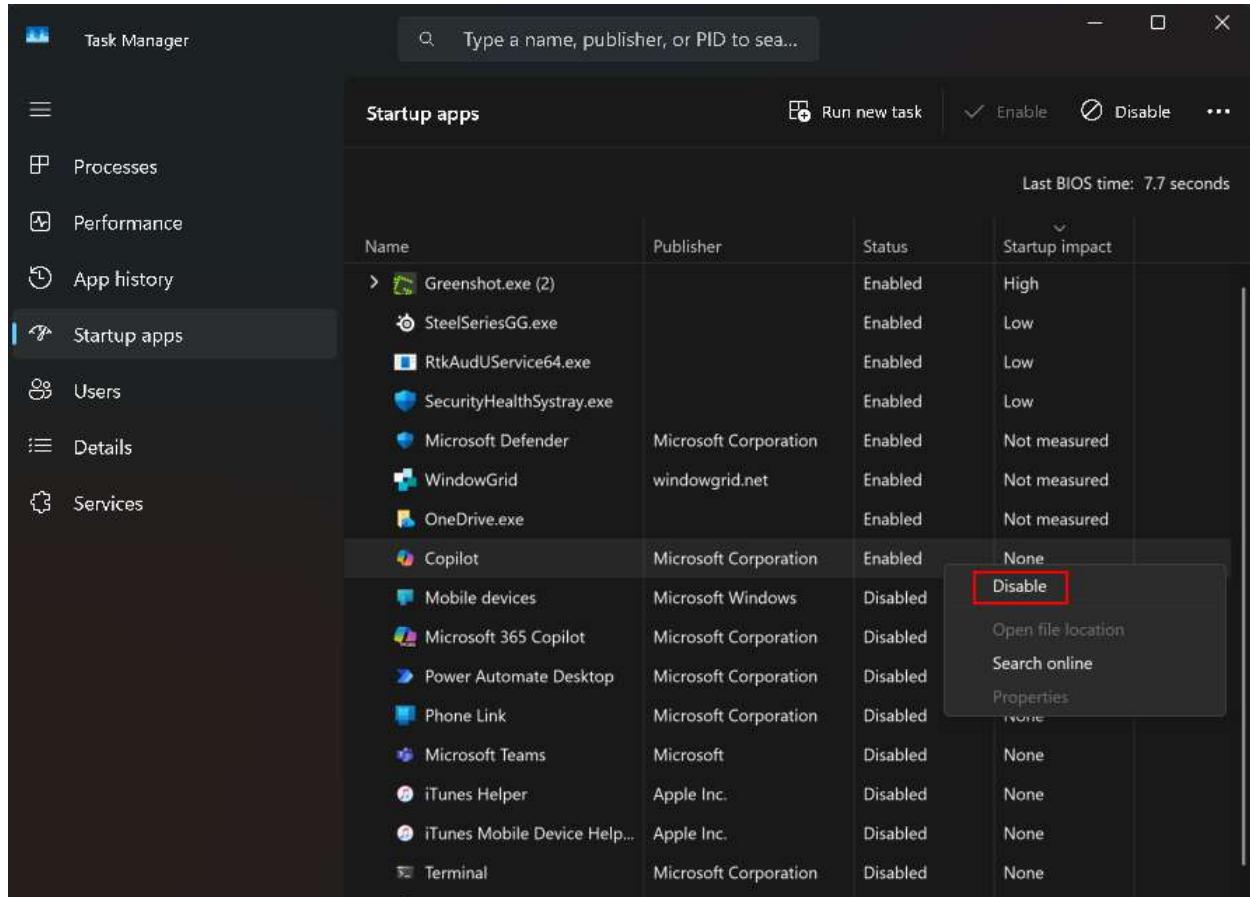
*Every circuit tells a story — find what drains your light*

## 2. Disable Startup Apps

Click the **Startup Apps** tab.

Right-click unnecessary apps → Disable.

Avoid disabling system security tools.



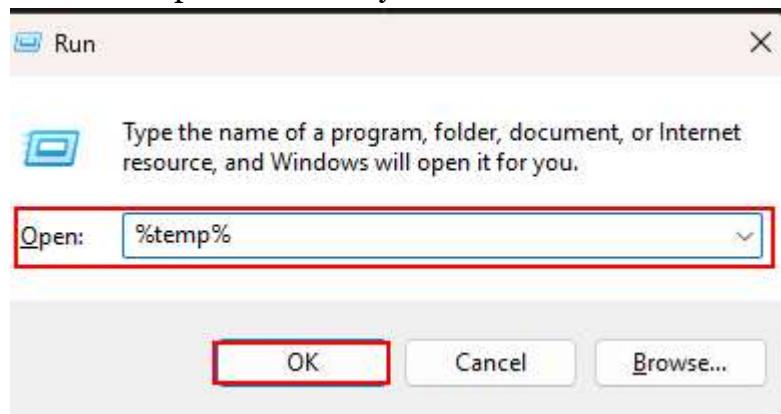
*Some things must rest so the whole can run.*

### 3. Clear Temp Files

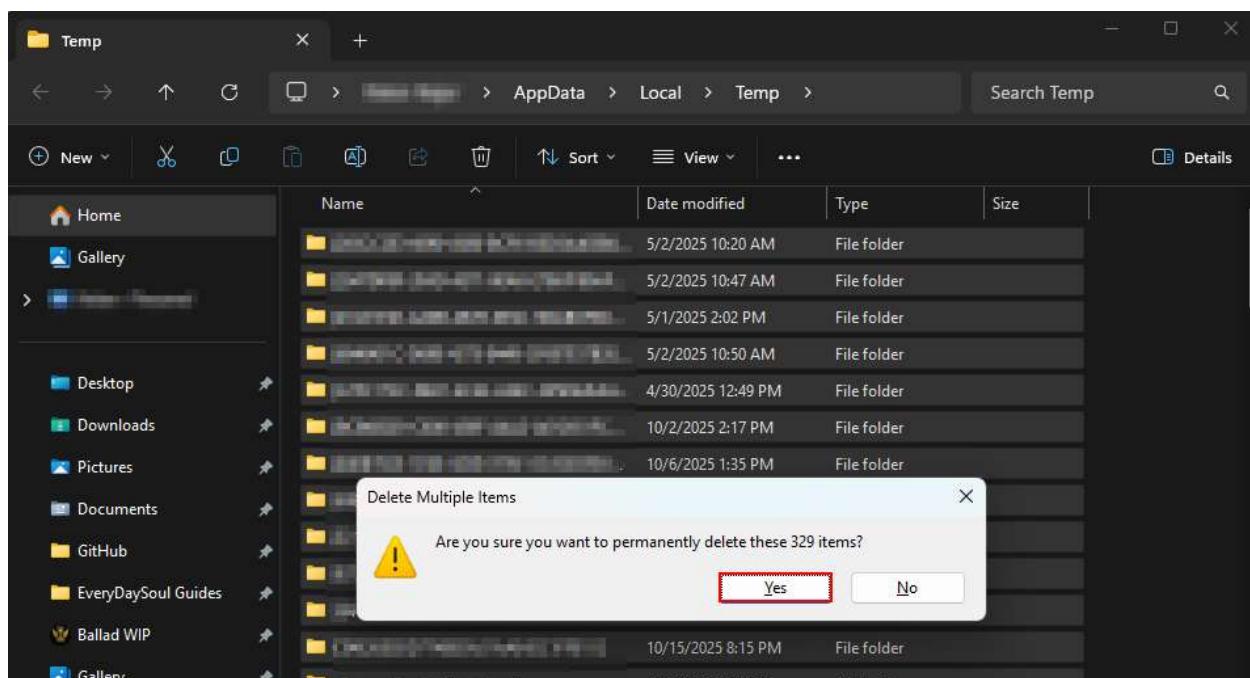
Windows + R → type %temp% → Enter.

Select all (Ctrl + A) → Delete or Shift + Delete.

Confirm when asked. Skip files currently in use.



*Every system holds clutter. Begin where the echoes hide — the temp folder*



*Let go of what no longer serves — your system, like your soul, breathes clearer when it's light.*

## 4. Why It Matters

- Frees space.
- Reduces boot time.
- Prevents overheating and lag.

You're not deleting anything vital — just clutter left behind.

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## 5. Restart & Recheck

- Restart your PC to settle changes.
- Open Task Manager → Processes and confirm CPU/Memory are calmer.
- **Optional:** Settings → Apps → uninstall heavy apps you don't use.
- **Optional:** Empty Recycle Bin to finish the cleanup

Let the machine take a breath—after a restart, even circuits rest in silence.

## 6. Reflection — the Lionheart reminder

“A machine breathes easier when freed from excess.  
So does the soul”

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### Appendix — Quick Reference Shortcuts

Action	Shortcut
<b>Open Task Manager</b>	Ctrl + Shift + Esc
<b>Run Dialog</b>	Windows + R
<b>Select All Files</b>	Ctrl + A
<b>Delete Files</b>	Delete / Shift + Delete