

À la main

$$\begin{array}{l|l} x^2 - 2 = 0 & 4x + \frac{3}{4} = 0 \\ x^2 = 2 & 4x = -\frac{3}{4} \\ x = \pm\sqrt{2} & x = -\frac{3}{16} \end{array}$$

Plus simple, et naturel

$$\begin{array}{l} x = \pm\sqrt{2} \\ 4x = -\frac{3}{4} \\ x = -\frac{3}{16} \end{array}$$