Use rect.memo or pureComponent to avoid unnecessary re-renders

Implement shouldComponentUpdate for fine-grained control

Optimize data fetching minimize API calls by combining requests ,implement pagination or infinite scrolling and memorize data transformations

Code Splitting and Lazy Loading split code into smaller chunks and load somponents on demand to improve initial load time .

Optimize state management normalize and memorize state , avoid unnecessary state updates.

Performance Testing and Profiling regularly test and profile your application to identify performance regressions and bottlenecks .

Keep up with react.js updated stay updated with latest releases and best practices to leverage performance improvements.