Maintaining your computer's health is crucial for optimal performance and preventing unwanted crashes. Two components requiring regular attention are the storage drive and the operating system (OS). Your storage drive (HDD or SSD) holds all your precious data. It is known as a silent workhorse. Monthly maintenance is key. Run a disk defragmenter (HDD) or optimizer (SSD) to reorganize data for faster access. Remember to often check for disk health using built-in tools or third-party software to detect potential issues before they become critical. The Operating System (OS), the brain of your computer, needs attention every two weeks. Update your OS and installed software to patch security vulnerabilities and improve performance. Run a virus scan to keep malicious software at bay. Defragmenting the registry can also optimize performance. The most important step is backing up your data! No matter how diligent you are, accidents happen. Always back up your important files to an external drive or cloud storage. That ensures your data is safe even if your storage drive fails. Regular maintenance keeps your computer running smoothly, prevents data loss, and protects you from security threats.