How to do a System Restore (Windows 7)

1. If problems occur with your computer it may be necessary to perform a System Restore to get you back to the point before you installed new software.

2. If your source of help asks you to perform a System Restore then to access this left click **Start**, and then left click **All Programs**. Left click **Accessories**, left click **System Tools**, and then left click **System Restore**.
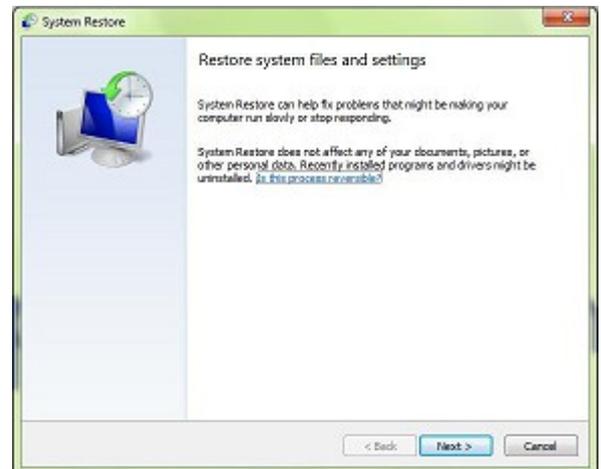
3. Follow the on-screen instructions for **Recommended Restore**. This doesn't affect your data e.g. document, picture and music files provided you have saved them and closed down all open programs. If a System Restore has already been done it will give the option of Undoing the previous (or other) System Restores (as shown).
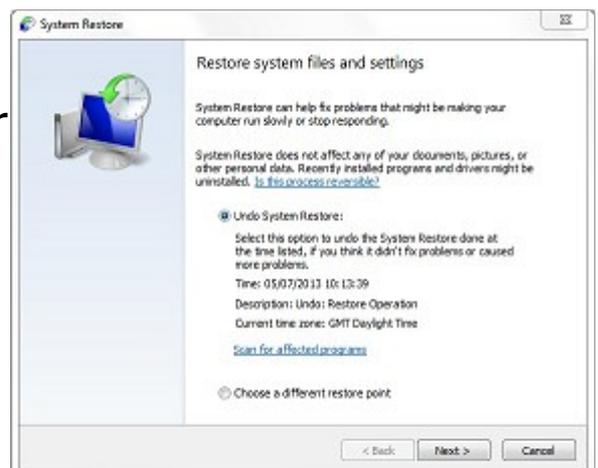
4. If this doesn't solve your problem then there are other advanced recovery facilities available which you can access. But these need you to **back up** your data before using.

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5. If all these fail then try the Microsoft Support website http://support.microsoft.com/kb/2681286 and left-click Windows 7 followed by the option which corresponds to your situation e.g. "My computer hangs or freezes randomly" and follow the instructions.