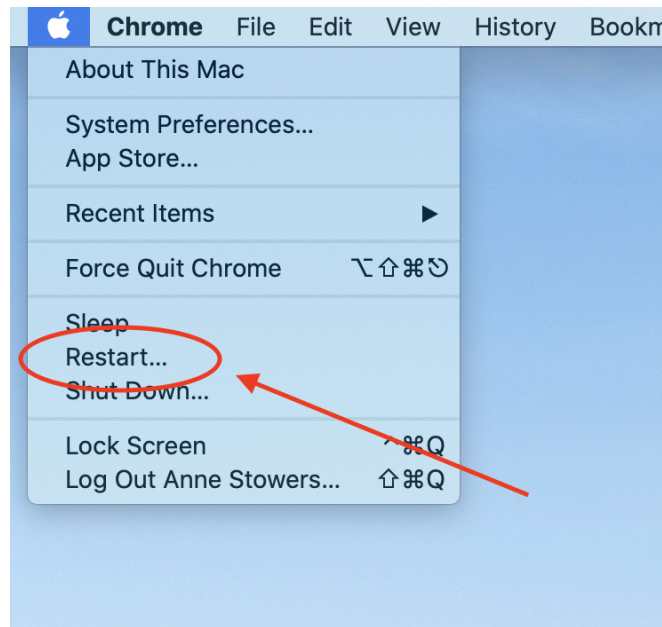# How to Restart

1. Click on the Apple Menu and select Restart.

2. If your screen is frozen, hold down the power key until the screen goes black. When it goes black, immediately release the key. If you hold it down too long, you risk sending your Macbook into recovery mode.