PREVENT MICROSOFT TEAMS FROM AUTO-STARTING

Microsoft has replaced Skype in Windows 11 with the much less desirable Microsoft Teams for consumers. It's highly unlikely you'll want to use this app, since virtually no one does. And yet Microsoft auto-starts Teams in the background every time Windows starts up. It does this so that the Chat icon that it also places in the Taskbar by default will work.

To prevent Teams from silently starting in the background and wasting system resources:

1. Right-click the Start button to display the Quick action menu
2. Then select "Task Manager."
3. Then, in Task Manager, navigate to the Startup apps tab.
4. Locate Microsoft Teams in the list, select it,
5. then choose "Disable" in Task Manager's toolbar.