

Excel Resource Error Quick Fix Checklist

Step 1 — Stop the crash

- Switch Calculation Mode → Manual
- Save the workbook immediately
- Close other heavy applications

Step 2 — Remove hidden memory drains

- Press Ctrl + End to find the real end of the sheet
- Delete empty rows/columns below your data
- Use Clear All (not Delete) to remove ghost formatting

Step 3 — Clean the workbook

- Convert formulas that no longer change → Paste as Values
- Remove conditional formatting from entire columns
- Check Go To Special → Objects and delete hidden shapes

Step 4 — Disable background load

- Turn off AutoSave
- Disable unnecessary COM Add-ins
- Close Power Query connections you don't need

Step 5 — Optimize the file

- Save workbook as .XLSB
- Avoid entire-column formulas (A:A)
- Split raw data into a separate workbook

Step 6 — Fix system-side issues

- Clear Office cache
- Increase Windows page file
- Disable Hardware Graphics Acceleration

Step 7 — Prevent the error in the future

- Avoid volatile functions (OFFSET, INDIRECT)
- Limit conditional formatting ranges
- Archive old data instead of storing everything in one workbook