Configure Your Laptop for the Best Security – Mac OS

Go to Apple, System Preferences. Go to Security. Click "General."

Check “Require password to wake this computer from sleep or screen saver.”

Check “Disable automatic login.”

Next, go back to System Preferences. Go to Security. Click on “Firewall.”
Select “Allow only essential services.”

Return to System Preferences. Click on “Sharing.”

Uncheck all Services.

Check “Ask me before allowing others to use my DVD drive.”