Simple email backup procedures in Thunderbird

It's a simple way to back up emails in Thunderbird, so it's not suitable for backing up a lot of emails. This backup stores mail in a data file (.eml).

1.Create a backup folder in advance.

2.Start Thunderbird.

3.Open the folder that contains the mail you want to back up.

4.Select the email you want to back up.

- How to select mail individually

  Hold down the Ctrl key to select the mail.

- how to select mail together
  Click the top email you want to save, and then Shift-click the bottom email.
  Note that if you select a large number of emails at one time, they may not be saved correctly.

5.Right-click the selected email, and then click Save Message.

6.Select the backup folder and click OK.

7.Verify that the mail data file is saved in the backup folder.

To import backed-up mail data (.eml) into Thunderbird:

1．Start Thunderbird and open the folder where you want to import mail.

2．Drag and drop the backed-up mail data file (.eml) to Thunderbird.

   To select multiple files, click the top file, Shift-click the bottom file, and then drag and drop.