REFUSE/AVOID | Maximum benefit - just don’t do it. Refusal works best on ethical grounds, but health arguments offer a range of great opportunities too.

MINIMISATION | Take the kids out for an hour - not two. Peel half the potatoes - they’re fattening anyway. Only visit one of the inlaws - or infact none we’re locked down aren’t we?

RE-USE | Re-gifting is the obvious choice. You put in all that thought, time & expense last year, just re-wrap with that paper you found behind the sofa. Anyway, you’re probably not allowed out …

RECYCLING | Most focus has been on recycling materials - paper, plastic, pets etc. But what about mental effort? With renewed interest in mental health - why not recycle your tired old excuses for not getting something done? Or better still some of your best stories or seasonal anecdotes? (Dads only).

ENERGY RECOVERY | We’re scraping the barrel here & I forgot why I started. How about a nice sit down, you’ve earned it !!! It’s important to replenish your energy. There’s 3 calories in a cup of tea but 97 in a gin & tonic. Remember your slacker thermodynamics, your system (body) is closed to work but open to wine + cake.

DISPOSAL | This might be last - but it’s very important. Don’t leave any signs you’ve been slacking in the time you’ve saved. Bribe the children to keep quiet, hide wrappers/bottles/magazines/TV remote. (Add appropriate weakness/flaw as needed).

WARNING
Following this guidance (like anyone else’s advice) is highly inadvisable. It may attract a wide range of serious and protracted allegations which could cause severe embarrassment/the need to resign/get divorced. However if used carefully in most circumstances it will probably be all right…(maybe).

WASTER’S HIERARCHY
You might be familiar with using a hierarchy to save waste or carbon. But what if you want to conserve your own personal energy? It’s been a tough year, perhaps you’ve had enough (we have) - it’s time for your team/colleagues/husband/wife/kids/parents/pets to do their share. Use our ground-breaking Waster Hierarchy™ to lighten your load and put your feet up. Remember, like other hierarchies, start at the top, you’ll get the maximum slacking benefits here!