

MARIST COLLEGE

THE OFFICE OF COUNSELING SERVICES

PRESENTS:

OneLess. . . .

OneLess

The "OneLess" Movement

Some people choose to drink and some people don't. Regardless of your choices, at some point, you or your friends may experience something negative as a result of drinking. Choosing OneLess, can have positive effects on your academics, health, and finances (not to mention, decreasing chances of getting into trouble). Whatever your reason(s), join the movement and choose OneLess!

Reasons to Choose OneLess

- Maybe you're trying to save money.
Maybe you're trying to improve your **grades**.
Maybe you're concerned about empty calories.
Maybe you're tired of **hangovers** or **blackouts**.
Maybe you're looking for something else to do on weekends.

How You Can Choose OneLess

- The OneLess Movement can help you save money, improve your grades, cut down on empty calories, and/or decrease hangovers. However, to get the benefits of OneLess, you need to actually choose OneLess. Here are some tips on how to do it:

How You Can Choose OneLess

- Starting to **measure** drinks if you just eyeball it
- Alternating non-alcoholic and alcoholic drinks to pace yourself
- Setting a **limit** before you go out (and sticking to it once you've been out)
- Keeping track of how much you drink with the **penny trick**, the **bracelet trick**, self monitoring cards or log links, and/or keeping track of **bottle caps** or **bottle tabs**.

The Penny Trick



- We like the penny trick because it is completely subliminal—no one will know what you are doing when you use it. First, choose the number of drinks you would like to consume. Then, carry one penny per drink in your right hand pocket. (if you choose 4 drinks, carry 4 pennies). For each drink you consume, move one penny to your left pocket.
- In one hand (your left) you can see how many drinks you have already consumed and in the other hand (your right) you can see how many you are allowed.
- This also allows you to determine if you have been consuming too quickly. If you have been out for 2 hours and plan to stay out longer and have already finished the majority of your allowance, it reminds you to slow down and pace yourself out.

The Bracelets Trick



- This is the same principle as the penny trick(above) except you use bangle bracelets or rubber bands etc. Wear the same number of bracelets as you plan to drink on one hand and each drink you consume, move a bracelet to your other wrist.

Keeping Caps



- Some students also have success keeping track of their drinks by holding onto can tabs or bottle caps— especially if they are drinking beer