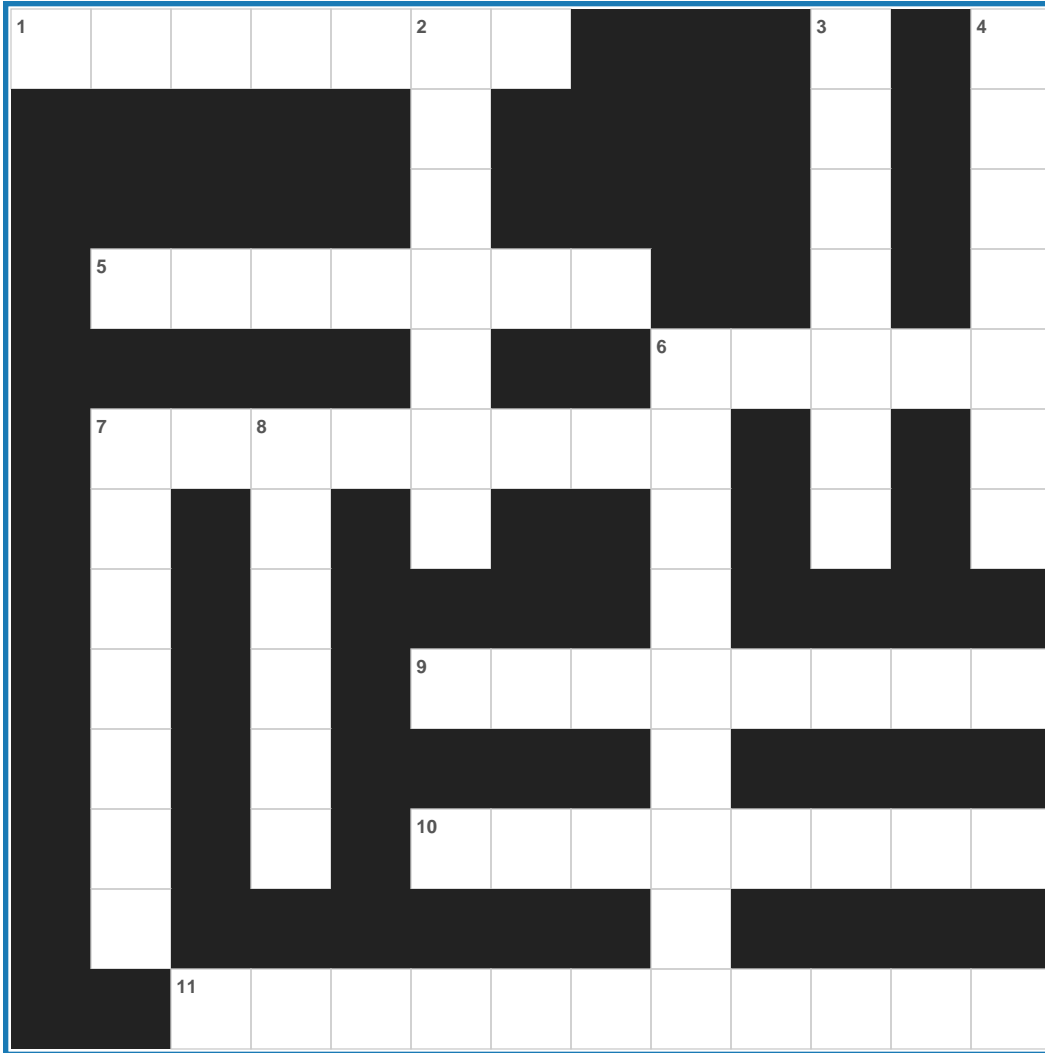


CLUED IN

ISSUE NO. 3 | MAY 2026 | "BODY, MIND, AND SOBER SOUL"

Getting sober matters. Staying sober matters more.



ACROSS

- 1 The book you write in that nobody else reads. Your therapist wishes you would bring it
- 5 Not linear. Not pretty. Not optional. Worth it
- 6 What Ashley Sunderland's TSC column is named after. Also what happens when you move your body
- 7 Sit still. Close your eyes. Watch your thoughts float by. Harder than it sounds
- 9 The stress hormone that ran your life before sobriety. Your levels are better now
- 10 You used to avoid setting these. Now you set them like a pro. Growth looks good on you
- 11 When helping someone else becomes hurting yourself. Recovery teaches you the difference

DOWN

- 2 The uninvited guest that shows up without warning. Sobriety helps you answer the door
- 3 What your body craves after a workout. Shakes, bars, eggs. Fuel for the sober athlete
- 4 The workout that looks easy until you try it. Core strength meets mental clarity
- 6 The mood-regulating chemical your brain makes on its own when you let it
- 7 Being present on purpose. The opposite of numbing out
- 8 Doing this sober is terrifying and also the only way to actually know if you like someone