
S O B E R S E A R C H

THE SOBER CURATOR PRESENTS

ISSUE NO. 2 | MAY 2026 | "BODY, MIND, AND SOBER SOUL"

Getting sober matters. Staying sober matters more.

ANSWER KEY BACKSTAGE EXCLUSIVE

X	G	T	B	I	E	N	D	O	R	P	H	I	N	R
G	A	S	M	G	G	R	Z	S	J	L	K	C	I	I
G	R	A	T	I	T	U	D	E	O	Q	R	K	R	C
L	D	E	T	O	X	T	R	I	G	G	E	R	U	T
Y	F	N	C	S	O	B	E	R	S	W	E	A	T	H
F	J	Q	K	S	S	E	N	L	L	E	W	R	Y	E
B	M	R	M	L	A	C	M	T	A	R	T	K	U	R
V	K	P	M	K	O	E	N	I	M	A	P	O	D	A
E	C	N	E	I	L	I	S	E	R	R	G	J	P	P
A	X	A	L	E	R	S	B	J	D	R	G	F	U	Y
R	B	R	E	A	T	H	E	S	V	D	Y	X	P	H
T	S	E	L	F	C	A	R	E	L	M	J	Q	K	J
N	H	C	T	E	R	T	S	R	O	E	R	U	J	D
A	E	X	H	A	L	E	P	P	V	G	E	K	G	T
M	R	I	R	T	U	O	N	R	U	B	Y	P	A	A

FIND THESE WORDS

B R E A T H E	E X H A L E	S O B E R S W E A T
B U R N O U T	G R A T I T U D E	S T R E T C H
C A L M	M A N T R A	T H E R A P Y
D E T O X	R E L A X	T R I G G E R
D O P A M I N E	R E S I L I E N C E	W E L L N E S S
E M D R	S E L F C A R E	
E N D O R P H I N	S L E E P	