

# Sipping Stress Away

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

situations  
magically  
sipping  
nausea  
money

dehydrated  
nutrition  
fluids  
weight  
heart

disappear  
headache  
brains  
social  
water

deadlines  
fatigue  
organs  
stress