DISTRESSED SOLUTION - "GEE, YOUR HAIR SWELLS PACIFIC"

Each puzzle answer can be divided into two parts. One part can be paired with a sea creature to make a new phrase, and the other part can be paired with a "finger" word. There are five different finger words, used once each on the left and right sides. The phrase "hands down" in the meta question gives the ordering of these answers, left little finger to right little finger:

LITTLE LEAGUE / DOCTOR OCTOPUS SIGNET RING / PENGUIN CLASSICS MIDDLEMARCH / THE SEVENTH SEAL COST-OF-LIVING INDEX / LOAN SHARK GREEN THUMB / CORAL GABLES BLU RAY / THUMB TACK MIAMI DOLPHIN / HEAT INDEX I AM THE WALRUS / MIDDLE EAST FIGURE SKATE / RING OUT THIMBLE JELLYFISH / LITTLE THEATRE

The sea creatures fit precisely in the grid of waves provided, and should be entered in the order above. Solving puzzles reveals the numbers 1-24 in the grid. Taking the letters in those waves in numerical order spells the answer, GEE YOUR HAIR SWELLS PACIFIC.