

MENOPAUSE BINGO FOR WOCCAS

Brain Fog - no clue what's happening	Memory Loss - was I definitely there? Are you sure?	Anxiety about having anxiety	Wrinkles - age gracefully you ungrateful witch	Blurry Vision - no drink taken
Sleepy - power napping is real	Facial Hair - like Windsor Davies IYKYK	Nose hairs - WTF?	Stress Incontinence - Cough sneeze fart and pee simultaneously	Tingling extremities - and not in a good way
Hot Flashes - portable fan in every room	Moody - cool when you're 18	OCD about AC	Adrenaline Surge - let's do this shit!	Flatline - mind/body paralysis - oh wait..snacks
Insomnia - 3 hours sleep is good right?	Sweary - like a Sailor	Afraid to Sneeze - especially at work	Overactive bladder - Pee for Ireland	Electric shock sensations
Night Sweats - PJ shortage by Tuesday	Forgetful - lost keys glasses handbag empty petrol tank.	Crabby Patty	Slightly unhinged - most days	Panic Attacks - forgotten card - at till.

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Hair Loss - Meh	Hairy - like Yeti	Temperamental - Moi?	Wrinkles - age gracefully you ungrateful witch	Flatline - mind/body paralysis - oh wait..snacks
Mood Swings - keep up Motherf*kers!	Memory Loss - was I definitely there? Are you sure?	OCD about AC	HRT - is it working?	Blurry Vision - no drink taken
Insomnia - 3 hours sleep is good right?	Forgetful - lost keys glasses handbag empty petrol tank.	Nose hairs - WTF?	Adrenaline Surge - let's do this shit!	Tinnitus/tuned for High frequency
Night Sweats - PJ shortage by Tuesday	Sweary - like a Sailor	Afraid to Sneeze - especially at work	Slightly unhinged - most days	Clutz extraordinaire - walking bruise
No Libido - don't even think about it!	Facial Hair - like Windsor Davies IYKYK	Crabby Patty	Overactive bladder - Pee for Ireland	Tingling extremities - and not in a good way

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Night Sweats - PJ shortage by Tuesday	Hairy - like Yeti	Crabby Patty	HRT - is it working?	Panic Attacks - forgotten card - at till.
Hot Flashes - portable fan in every room	Facial Hair - like Windsor Davies IYKYK	Nose hairs - WTF?	Adrenaline Surge - let's do this shit!	Clutz extraordinaire - walking bruise
Mood Swings - keep up Motherf*kers!	Itchy - everywhere rubbed raw	Anxiety about having anxiety	Slightly unhinged - most days	Tingling extremities - and not in a good way
Sleepy - power napping is real	Weight Gain - Bloating like dead whale	Temperamental - Moi?	Oh shit I'm having a heart attack - Palpitations	Electric shock sensations
Brain Fog - no clue what's happening	Moody - cool when you're 18	Emotional Outbursts FFS!!!	Stress Incontinence - Cough sneeze fart and pee simultaneously	Flatline - mind/body paralysis - oh wait..snacks