

MENOPAUSE BINGO FOR WOCCAS

Facial Hair - like Windsor Davies IYKYK	Weight Gain - Bloating like dead whale	Afraid to Sneeze - especially at work	Wrinkles - age gracefully you ungrateful witch	Blurry Vision - no drink taken
Sleepy - power napping is real	Forgetful - lost keys glasses handbag empty petrol tank.	HRT - is it working?	Stress Incontinence - Cough sneeze fart and pee simultaneously	Panic Attacks - forgotten card - at till.
Mood Swings - keep up Motherf*kers!	Sweary - like a Sailor	Nose hairs - WTF?	Slightly unhinged - most days	32
Night Sweats - PJ shortage by Tuesday	Hairy - like Yeti	Emotional Outbursts FFS!!!	Overactive bladder - Pee for Ireland	Electric shock sensations
Brain Fog - no clue what's happening	Moody - cool when you're 18	OCD about AC	Oh shit I'm having a heart attack - Palpitations	Tingling extremities - and not in a good way

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Night Sweats - PJ shortage by Tuesday	Moody - cool when you're 18	Crabby Patty	Oh shit I'm having a heart attack - Palpitations	Blurry Vision - no drink taken
Mood Swings - keep up Motherf*kers!	Itchy - everywhere rubbed raw	Temperamental - Moi?	Overactive bladder - Pee for Ireland	32
Facial Hair - like Windsor Davies IYKYK	Weight Gain - Bloating like dead whale	OCD about AC	Slightly unhinged - most days	Tinnitus/tuned for High frequency
Sleepy - power napping is real	Sweary - like a Sailor	Nose hairs - WTF?	Stress Incontinence - Cough sneeze fart and pee simultaneously	Panic Attacks - forgotten card - at till.
Insomnia - 3 hours sleep is good right?	Anxiety about having anxiety	Afraid to Sneeze - especially at work	Wrinkles - age gracefully you ungrateful witch	Tingling extremities - and not in a good way

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Insomnia - 3 hours sleep is good right?	Weight Gain - Bloating like dead whale	Crabby Patty	Wrinkles - age gracefully you ungrateful witch	Tinnitus/tuned for High frequency
Facial Hair - like Windsor Davies IYKYK	Anxiety about having anxiety	HRT - is it working?	Adrenaline Surge - let's do this shit!	Tingling extremities - and not in a good way
Brain Fog - no clue what's happening	Forgetful - lost keys glasses handbag empty petrol tank.	OCD about AC	Oh shit I'm having a heart attack - Palpitations	32
Sleepy - power napping is real	Moody - cool when you're 18	Afraid to Sneeze - especially at work	Slightly unhinged - most days	Electric shock sensations
Night Sweats - PJ shortage by Tuesday	Hairy - like Yeti	Temperamental - Moi?	Stress Incontinence - Cough sneeze fart and pee simultaneously	Panic Attacks - forgotten card - at till.