

MENOPAUSE

Sleepy - power napping is real	Night Sweats - PJ shortage by Tuesday	Facial Hair - like Windsor Davies IYKYK	Itchy - everywhere rubbed raw	OCD about AC
Hair Loss - Meh	Headaches - Co Codamol/Constipation - discuss	Hairy - like Yeti	Sweary - like a Sailor	Emotional Outbursts FFS!!!
Hot Flashes - portable fan in every room	Memory Loss - was I definitely there? Are you sure?	BLANK	Afraid to Sneeze - especially at work	Nose hairs - WTH?
Insomnia - 3 hours sleep is good right?	Brain Fog - no clue what's happening	Moody - cool when you're 18	Anxiety about having anxiety	Crabby Patty
Mood Swings	No Libido - don't even think about it!	Forgetful - lost keys glasses handbag empty petrol tank.	Grey Hair - finally a "grown up"	Temperamental - Moi?

MENOPAUSE

Mood Swings	Headaches - Co Codamol/Constipation - discuss	Hairy - like Yeti	Afraid to Sneeze - especially at work	OCD about AC
Insomnia - 3 hours sleep is good right?	Memory Loss - was I definitely there? Are you sure?	Facial Hair - like Windsor Davies IYKYK	Sweary - like a Sailor	Crabby Patty
Hot Flashes - portable fan in every room	Brain Fog - no clue what's happening	BLANK	Anxiety about having anxiety	Emotional Outbursts FFS!!!
Hair Loss - Meh	Night Sweats - PJ shortage by Tuesday	Forgetful - lost keys glasses handbag empty petrol tank.	Itchy - everywhere rubbed raw	Nose hairs - WTH?
Sleepy - power napping is real	No Libido - don't even think about it!	Weight Gain - Bloating like dead whale	Grey Hair - finally a "grown up"	Temperamental - Moi?

MENOPAUSE

Hot Flashes - portable fan in every room	Night Sweats - PJ shortage by Tuesday	Moody - cool when you're 18	Itchy - everywhere rubbed raw	Nose hairs - WTH?
Insomnia - 3 hours sleep is good right?	Headaches - Co Codamol/Constipation - discuss	Weight Gain - Bloating like dead whale	Grey Hair - finally a "grown up"	Crabby Patty
Sleepy - power napping is real	Memory Loss - was I definitely there? Are you sure?	BLANK	Sweary - like a Sailor	Temperamental - Moi?
Mood Swings	Brain Fog - no clue what's happening	Facial Hair - like Windsor Davies IYKYK	Anxiety about having anxiety	OCD about AC
Hair Loss - Meh	No Libido - don't even think about it!	Hairy - like Yeti	Afraid to Sneeze - especially at work	Emotional Outbursts FFS!!!