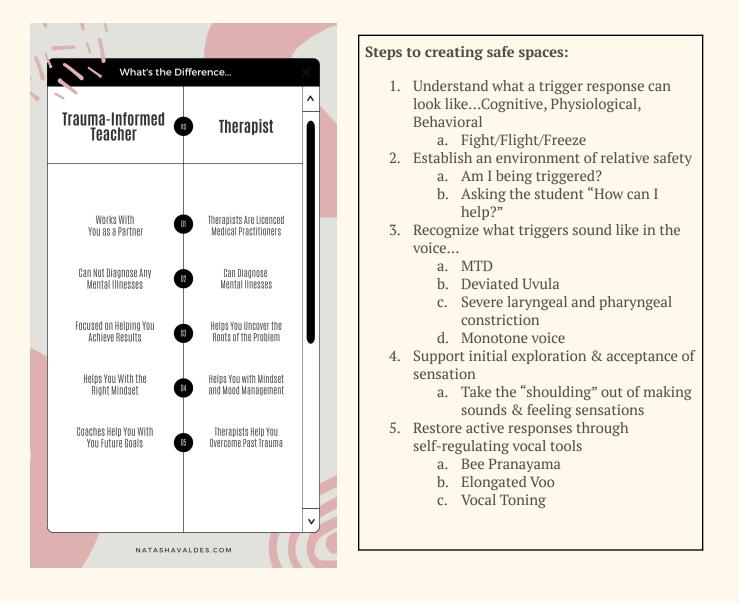


Neurological Responses & the Thriving Voice: Recognizing Trauma, Anxiety,

Depression in the voice

Visit <u>https://natashavaldes.com/workshops</u> for a link to today's slides & references



Symptoms	Not at all	Mildly - doesn't bother me much	Moderately - it was unpleasant at times	Severely - it bothered me a lot
	0	1	2	3
Numbness or tingling				
Feeling hot				
Wobbliness in legs				
Unable to relax				
Fear of worst happening				
Dizzy or lightheaded				
Heart pounding /racing				
Unsteady				
Terrified or afraid				
Nervous				
Feeling of choking				
Hands trembling				
Shaky /unsteady				
Fear of losing control				
Difficulty in breathing				
Fear of dying				
Scared				
Indigestion				
Faint / lightheaded				
Face flushed				
Hot /cold sweats				
Total				

Answer Key

0-21 = low			
22-35 = moderate			
36 + = concern			

