

Job Interviews - Tips For How to Stay Calm

By: Patricia Robinson, MS, MA, MFT

The economy is pretty shaky right now, and many businesses are making some changes. The result of all this uncertainty: some readers might be facing a job interview. Here's how to stay calm and relax to make your best impression.

Relax in Advance!

But, how do you relax for something so important - and so nerve-wracking? It's important to give this question a bit of thought so you can prepare ahead of the big event. We're going to set up a relaxing "space" now, before the interview, so you can use it during the interview.

Take a Breath

Seriously, right now, as you read this, take a deep breath. Breathing is a way to calm yourself, move your chattering thoughts into the grounding influence of your body, and exist in the present moment. The more you can get into the habit of taking a deep, conscious breath, the more your body will connect it with slowing down and relaxing. Practicing a deep breath in a safe, calm environment before the interview will help you access those same feelings when you repeat the breath during your interview.

Talk to Yourself, Kindly Please

When you try this breathing technique, it can be helpful to think a soothing phrase in your mind, something like, "It's OK.", "You're fine.", or, "You can do this." Avoid negative statements like, "Don't worry." because they can be too easily confused with "Worry." Keep the phrase short, positive and silent!

Practice Breathing

As you think about and prepare for your interview, continue to practice the breathing technique. If you get stressed about what might go wrong, take a breath, "It's OK." If you remember any things that went wrong in past interviews, take a breath, calm yourself, and then figure out the lesson of that situation.

Breathe During the Interview

Sounds obvious doesn't it? But I'm talking about a deliberate, calming breath here. Your future employer expects you to breathe, so this technique is something you can use during the interview. As you walk into the interview room, take a breath. If you have a break during the

interview, remember to take a breath. Tough question? Take a breath while you prepare your answer. It may feel like a long time, but the pause will seem much shorter to the interviewer. And, you'll give a much better answer with a second to think.

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