



HOW TO DEAL WITH ANXIETY BEFORE AN INTERVIEW

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This is something I struggled with for years and I do, on the odd occasion struggle with anxiety now when faced with certain situations.

Anxiety can manifest in A LOT of different ways.

How anxiety affects one person, will not necessarily be how it affects another.

A little about me before we delve into this exercise

I fell into recruitment when I was around 19 and it wasn't until I was 24, that I actually settled in a job for the long term.

For a good 5 years I bounced around a lot of recruitment agencies and I sh*t you not, before every single interview, I felt like I was going to throw up and my palms would be sweaty AF.

I would work myself into a nervous wreck and there really, was no need to put myself through it.

And neither do you!

We must remember, interviewing is a two-way street, you are interviewing the company to see if they fit into the mould of what you want out of your next role too!

I think this is a part that people forget, and you then put a lot of pressure on yourself when you don't need to.

The person or people that are interviewing you, are no better than you, and they are in no way shape or form superior to you.

They are just human beings, asking you questions to see if you meet the right skills and experience of the job opportunity they need to fill.

So, with that being said, here are a few exercises for you to try that will really help with anxiety before an interview.

MAKE SURE YOU ARE PREPARED

I know this sounds so simple, but I know when I haven't been prepared it just makes my anxiety worse. People look at you disappointed as you don't look like you have your sh*t together which is what an interviewer wants to see (research the company, do a dummy run to the company so you have your travel time nailed, and have questions to ask).

BREATH WORK

This is scientifically proven to have massive, positive effects on anxiety by breathing slower and more deeply from your stomach, you are signalling your nervous system to calm down.

One way to practice this, is breathing in for 4 seconds, hold your breath for 2 seconds, breath out for 4 seconds and repeat until your heart rate comes down.

SMILE

I know this might look a little crazy but hear me out! Having a little word with myself before an interview is something I have done plenty of times!

Be your own cheer leader!

Repeating things like 'you've got this', 'if you don't get the job, then it was never meant for you', 'go in there, give it your best, no one can ask any more of you', 'I am good enough'

Then smile, deep breath in and out and repeat as many times as you need!

CONTROL YOUR THOUGHTS

Now this is easier said than done, on average we have around 70,000 thoughts in 1 DAY! WTF!

Have you noticed, a lot of what you think is completely irrelevant stuff, your mind is racing with thoughts, and you are constantly thinking about something?

Do you also notice, we jump to worst case scenario about situations before anything even happens putting us through unnecessary anger or anxiety or worry for no reason?

Guided mediation is a great way to control your thoughts, and this can take just 5 minutes of your day – just stick your headphones in and you can do this anywhere, anytime!

Guided meditation is all about bringing us into the present moment, a lot of the time we focus on things that have happened, or things in the future that haven't happened, when really, all that matters is the NOW and what is going around us this very second (being in the present moment)

Here are some links that I think you may find useful:

https://www.youtube.com/results?search_query=guided+meditation+for+anxiety

EFT (EMOTIONAL FREEDOM TECHNIQUE) TAPPING

Now, this is a tad crazy if you haven't done it before, but I have found this really helpful .

What Tapping does is brings you into the present moment by you, tapping on certain parts of your body which sends a signal to your nervous system to calm it down.

It also encourages your brain to turn off the stress signal it is sending to your body (anxiety).

Here are some links you may find useful:

https://www.youtube.com/results?search_query=eft+tapping+for+anxiety

OTHER WAYS THAT YOU CAN REDUCE / HELP ANXIETY IN A STRESSFUL SITUATION

- Call a friend or family member, tell them you are anxious and ask them to tell you about their day, so they are creating a distraction for you
- Find a good podcast and really focus on the dialogue
- Put on your favourite song or album
- Read a book / kindle or something educational on internet
- Then smile, deep breath in and out and repeat as many times as you need!

Anxiety is something I have lived with for years and by working on some of the methods above, it really has changed anxiety into something that used to be out of control, to something I can manage and maintain for when I am faced with a tricky situation.

Much love

Xxx