

Stress Less Tips for Interviews

Anxiety is normal during an interview. Take a deep breath and use positive self-statements.

Resource: <http://www.getselfhelp.co.uk/docs/PositiveStatements.pdf>

Anxiety creates a flight or fight response. If you are able to physically relax (decrease your heart rate and relax your muscles) your mind will follow. **You will need to practice relaxation on a regular basis to be able to implement it during anxious moments.**

Relaxation skills: Deep Breathing, Mindfulness, Progressive Muscle Relaxation, Guided Imagery

Resources: <http://whps.sdes.ucf.edu/station> <http://stopbreathethink.org>

Phone apps: Calm.com, Stopbreathethink.org, or Headspace

You Tube Video: Jon Kabat-Zinn 3 minute breathing space or body scan

Anxiety can interfere with sleep; to reduce anxiety before bed write out your worries on a list or in a journal then use a relaxation technique

- Eat a healthy light snack or meal (avoid caffeine and sugar which may increase anxiety)
 - Huffington Post Article: The Best Foods To Ease Anxiety

http://www.huffingtonpost.com/2014/02/23/best-foods-for-anxiety_n_4810919.html

- Be prepared = confidence
 - Practice in front of a mirror or with friends
 - Research company, the more information you know the easier it will be to answer questions
- Plan to arrive early
- Exercise regularly: decreases anxiety and increases feel good endorphins
- No matter how the interview goes use it as a growth experience! Ask what can I learn or gain from this experience? Schedule a reward or relaxing activity after the interview.

Many of these skills work for general life anxiety too (tests, doctors' appointments, social situations, etc.)

The Rosen Counseling office is open Monday – Thursday 8:30AM – 5PM if you would like to schedule an appointment to discuss additional stress reduction techniques. 407-903-8054 or Main Campus 407-823-2811 (be sure to tell them you would like to schedule at Rosen).