



Interview and Resume Tips: Coping with anxiety

Some of us have more anxiety to deal with than others. It's a fact of life. The way we deal and cope with anxiety is most important and can affect us during an interview and in a job. Most of us feel nervous on a job interview and here I will explore some tips as to how to cope with that anxiety and worry so you can ace that employment interview with flying colors.

1. Prepare. Preparing for an interview can alleviate some of the anxiety you may feel. Decide what you will wear to the interview ahead of time and make copies of your resume in advance so you will not be rushing at last minute. Procrastination is the worst thing you can do if you are anxious – prepare to avoid potential problems and hang-ups for a successful interview.
2. Directions. Find out how to get to your destination ahead of time. There is nothing worse than having to stop for directions or gas on the way to an interview. These tasks should be taken care of before you have to be at a job interview so you will not be rushing to get where you need to be.
3. Rehearse. Rehearse some parts of the interview ahead of time. Anticipate various questions and be prepared to answer those questions in the interview. Most potential employees will ask general questions you may be able to judge the answerers to.
4. The unknown. Some of us have a fear of the unknown and trying to find out who you will be speaking with in the interview may help that feeling. Confirm the time and place where you will be meeting – if you make some general contact with the person ahead of time sometimes this helps with anxiety issues.
5. Trust your gut. Do you have a strong gut intuition? Can you sense how you did in a given interview? Some individuals have stronger gut intuitions than others. You will probably have a good idea of how you did in an interview at the end and be able to sense one way or another if you got the job or not.
6. Follow up. Follow up with a short handwritten note or email to the potential employer and thank them for taking the time out of their busy schedule to meet with you.

Having a small amount of anxiety is good as an active job seeker. When the worry gets out of hand is when you have a problem. Eliminating all worry is not good because anxiety counts somewhat for our general motivation and willingness to succeed in the work world and beyond. Managing worry and having it stay at a healthy level is key. To find out more about managing anxiety in an



interview and the best career advice on the web go to www.hound.com.

See the following articles for more information:

- **[21 Major Interview Mistakes to Avoid at All Costs](#)**
- **[The Best Way to Prepare for a Job Search and Interviews](#)**
- **[How to Talk About Other Interviews in Your Interviews](#)**
- **[How to Answer the Tell Me About Yourself Interview Question](#)**
- **[How to Answer the Do You Have Any Questions for Me Interview Question](#)**