

6 Anxiety-Killer Tips for Interviews

QUICK WINS TO CALM YOUR NERVES AND BOOST CONFIDENCE FOR YOUR NEXT INTERVIEW

Tip #1 - Keep your posture as upright as possible

Also pull your shoulders back. Imagine being a super hero wearing a cape. This tells the primitive part of brain that you are strong and can face the world.

Tip #2 - The 5-Second Breath Reset

Inhale for 4 seconds, hold for 4, exhale for 7. Repeat. This calms your nervous system out of “fight or flight” mode. Some research shows a “second” small inhale during the hold, or a longer hold, can increase the relaxation effect.

Tip #3 - Rehearse with a Camera (Not a Mirror)

Record yourself answering common questions like “Tell me about yourself. What’s your biggest strength? Why should we hire you?” Watch the playback to reduce the shock factor and build confidence.

Tip #4 - Reframe Failure as Training

Instead of “I can’t mess up,” remind yourself: “This is practice. Even if I bomb, I learn.” This instantly lowers the stakes and reduces anxiety pressure.

Tip #5 - Anchor to Your Notes

Bring a small notepad with at least 3 bullet points about your top skills or bring a copy of your resume. Knowing you can glance at it prevents blank-outs and keeps you grounded.

Tip #6 - The Gamification Trick

Treat each question like a game level, not a threat. Score yourself after each:



= nailed it



= decent



= needs work

This shifts your brain from judgment mode to progress mode.

 **Ready to crush interview anxiety for real? Try our free gamified interview practice tool today.**



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