4 Ways to Instantly Relieve Stress Before a Job Interview

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No matter how confident you are, certain situations will likely make you nervous, and a job interview falls firmly into that category. Even if you know you’re qualified, answering questions about yourself can feel intimidating.

Fortunately, there are a few things you can do before you walk into the conference room or get on a call that will reduce your anxiety in the moment, says Richard Newman, author of Lift Your Impact.

“Feeling a little nervous before an interview is completely normal,” he says. “However, if you go into it with a mindset of fear and doubt, it can hamper your performance.”

To improve your odds of nailing the interview, consider doing these four things, which immediately reduce stress:

CHECK IN WITH YOUR VALUES

Research led by J. David Creswell of Carnegie Mellon University found that affirmation of your personal values can help reduce the stress response. In a study that was published in Psychological Science in 2005, the scientists conducted an experiment with two groups of people going into important meetings.

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