

How to Relax Before an Interview

When you get a call for an interview, it is also like a call telling you to get nervous. There is so much riding on an interview that it's human nature to get the **interview anxiety**. But going to an interview in an anxious state can cause problems. For example, people who are overly nervous may sweat a lot or their minds will go blank. Unfortunately, nervousness can also lead to people saying odd things. And one sign of a nervous person is how unnatural they appear. In that case, the employer doesn't get to see the "real you" which is unfortunate.

Learning how to relax before an interview is important. The way to do that is to look your best and to be **well prepared** which can lower stress. Following are some tips on how you can ensure you will look and act your best during the interview.

1. Get a good night's sleep the night before the interview.
2. Don't get involved in any conversations or events the night before that create stress, anxiousness, or negative emotions that are distracting.
3. Treat yourself in some way which can boost self-esteem and calm nervousness, i.e. massage, soak in a warm tub, spa treatment, visit with supportive friends, and so on.
4. Wear clothes that portray a professional image. An interview is not the time to wear tie-less shirts or short skirts. Even if you are a bit of a radical when it comes to wardrobe, tame down your instincts and dress in traditional business clothes.
5. Stay confident and remind yourself that you are qualified for the job and that's why you are being interviewed.
6. Maintain your composure by paying attention to your breathing and physical movements. Anxiety will lead to shallow breathing and jerky movements. As you become aware of your actions, the anxiety only increases. So practice breath control.
7. The night before the interview follow a few basic guidelines:
 - a. Don't eat heavy meals or foods that may make you smell offensive. This includes foods like garlic, cheese, curry spices, and so on
 - b. If you smoke, choose clothes that don't smell like smoke and don't smoke the morning of the interview because the smell will be noticeable
 - c. Don't drink because that also creates a noticeable odor
 - d. Prepare the materials that you will be taking the night before and don't wait until the day of the interview to fill your briefcase
 - e. Review company literature, your notes or any other material you have about the company
8. Driving to the interview you can minimize anxiousness by listening to your favorite music or even a CD with calming advice

The article: "[**How Can I Practice For an Interview?**](#)" will give you additional information on ensuring a successful interview.

Show Time!

Once you get to the interview, it is show time! The first important point is to be on time. In fact, you should be 15 minutes early to make sure that finding a parking spot doesn't make you late (happens all the time). You also want to be early so you can collect your thoughts and get any anxiousness under control.

If you live in an area where traffic is heavy then plan for making sure you are not late due to traffic jams. This really means you should drive to the place where you will be interviewing days in advance to make sure you know how to get there and can assess the potential obstacles to being on time.

Before you walk into the building, turn off your cell phone!

When you arrive, it is important to be polite and professional with everyone you meet at the company. You never know who will express an opinion about you after you leave the interview. Show confidence. When you meet the interviewer, let him or her take the lead. If the interviewer want to shake hands, reciprocate with a firm handshake that is not too vigorous (a sign of nervousness).

At that point, you are ready to begin the interview! Just remember that you *are* qualified and you *are* going to have a great interview.

Regal Resumes has services that can help you prepare for an interview whether it is in-person or on the telephone. Check out our services page to learn more about how we can assist you in this process.