



## ELIMINATING THE ANXIETY THAT IS ASSOCIATED WITH JOB INTERVIEWS

Job interview anxiety is quite usual and natural even for anyone who might be qualified for the job they are going to be interviewed for. Meeting people who are in position of authority whom you are unfamiliar with, talking about yourself and having people review your appearance, and ability to sell yourself can generate the nerves and stress. However, there are strategies that can help in alleviating and lessening anxiety before an interview (for both face-to-face and virtual interviews) (Cuncic, 2022).

### WHAT IS ANXIETY?

Anxiety is the nervous feeling one may experience before an important life event or a difficult situation and is the natural reflection of the original fight-or-flight reaction. It is an emotion characterised by tension, worry and increased blood pressure (Cuncic, 2022).

### ANTICIPATORY ANXIETY

People may often experience Anticipatory Anxiety before a job interview. This is an anxiety that makes a person experience high levels of anxiety about a future event or situation (Golden, 2021).

### PERFORMANCE ANXIETY

Performance Anxiety is when a person develops fear about their ability to perform a specific task believing that they will fail and be embarrassed or rejected. This type of anxiety should be dealt with and prevented before one can go for a job interview (Good Therapy, 2022).

### ELIMINATING THE ANXIETY:

- Research as much as possible about the company, i.e. their values, mission, their aspirations and their corporate social responsibility programs.
- Make enough time to prepare your responses to potential interview questions that relates to the job you are going to be interviewed for. You may also make use of the Department of Employment and Labour Employment Counselling services by visiting

any Labour Centre available in all provinces across the country. Contact details for the Employment Counselling Practitioners are found on this link: <https://www.labour.gov.za/DocumentCenter/Publications/Public%20Employment%20Services/Career%20and%20Employment%20Counsellors%20Contact%20Details.pdf>.

- Prepare yourself in front of your mirror talking to your reflection as if you are already in the interview.
- Role-play the interview with people you trust such as family members using possible interview questions.
- Use encouraging self-talk and avoid negative thoughts. E.g. "I am going to do well in this job interview".
- Have enough sleep the day before the interview, do not be late and dress as if you were going to work for the company that is going to interview you.
- Do the abdominal breathing exercise: breathe in with your nostril, hold it, and then breathe out slowly with your mouth. Repeat this for a couple of times.
- Do the Grounding exercise. It helps with reducing anxiety: take 3 deep breaths, after that you can start to say 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.
- Think about what you can offer the company and confidently discuss this during the interview (Boudin, 2022).

### WHEN DOES ANXIETY NEED TREATMENT?

Anxiety needs treatment when a person goes through severe anxious feelings which causes the following symptoms (these symptoms may also be an indication of Anxiety disorders):

- Having frequent and recurring disturbing thoughts or concerns that interferes with one's daily functioning. Restlessness, increased irritability, concentration difficulties, fatigue, unexplained aches and pain and sleep difficulties (problem falling or staying asleep) (Cuncic, 2022).

#### TREATMENT:

The two main treatments for anxiety disorders are medications and Psychotherapy. If you feel that you are experiencing excessive symptoms of Anxiety you may need a diagnosis by your healthcare practitioner. You can write down a list of the following before the consultation:

- The anxiety symptoms you are experiencing.
- What causes your stress and worry.
- Any mental history of your family's mental health problems.
- Any other health problems you may be experiencing.
- All medications you are taking and all the questions you want to ask your mental health practitioner (Mayo Clinic staff, 2018).

#### Healthcare practitioners may use medications to treat extreme Anxiety/ Anxiety Disorders:

Prescriptions are provided by the relevant healthcare practitioners after the diagnosis. One should go visit their General Practitioner should they feel that they need a medical attention concerning the anxiety symptoms they are experiencing.

#### Psychotherapy:

This involves talking with a therapist to reduce anxiety symptoms. Cognitive Behavioural Therapy (CBT) is the most effective type of therapy used and it teaches particular skills to lessen the symptoms and helps one to gradually return back to performing activities they used to avoid because of the anxiety. This includes exposure therapy (Mayo Clinic staff, 2018).

#### REFERENCES:

1. Boudin, M. 2022. 25 Tips for overcoming interview Anxiety. Retrieved 27 September 2022 from: <https://www.choosingtherapy.com/interview-anxiety-tips/>.
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3. Golden, J. 2021. What to know about Anticipatory Anxiety. Retrieved 28 September 2022 from: <https://www.medicalnewstoday.com/articles/anticipatory-anxiety>.
4. Good Therapy. 2022. Performance Anxiety. Retrieved 28 September 2022 from: <https://www.goodtherapy.org/blog/psychpedia/performance-anxiety#:~:text=Performance%20anxiety%20is%20fear%20about,can%20occur%20with%20any%20task>.
5. Mayo clinic Staff. (2018). Anxiety Disorders. Retrieved 19 September 2022 from: <https://www.mayoclinic.org/diseases-conditions/anxiety/diagnosis-treatment/drc-20350967>.



## ELIMINATING THE ANXIETY THAT IS ASSOCIATED WITH JOB INTERVIEWS

CONTACT DETAILS: LABOUR CENTRES  
(SCAN THE CODE WITH YOUR PHONE)



#### The following is the link for the Department of Employment and Labour Employment Counselling staff members contact details:

<https://www.labour.gov.za/DocumentCenter/Publications/Public%20Employment%20Services/Career%20and%20Employment%20Counsellors%20Contact%20Details.pdf>

Contact Centre Number: 086 010 1018.

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