

SIGNS OF ANXIETY DURING JOB INTERVIEWS

Are you preparing extensively for the big interview when suddenly anxiety kicked in? Some of these signs and symptoms may be present in you. Here are some of them.

Increasing (or erratic) heart rate



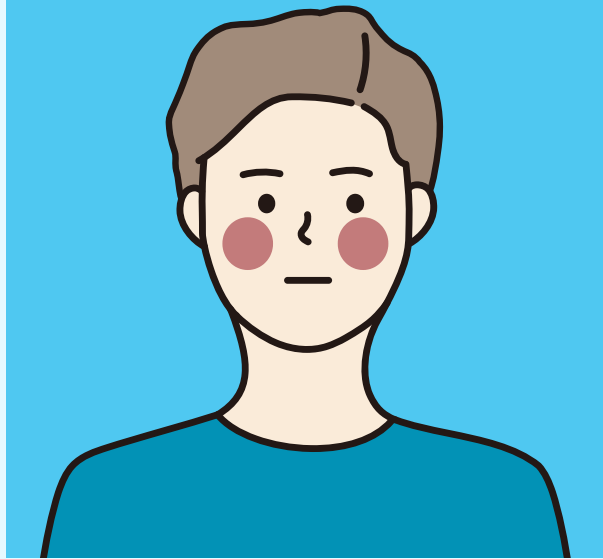
Nausea



Sweating



Blushing



Anxiety spiral



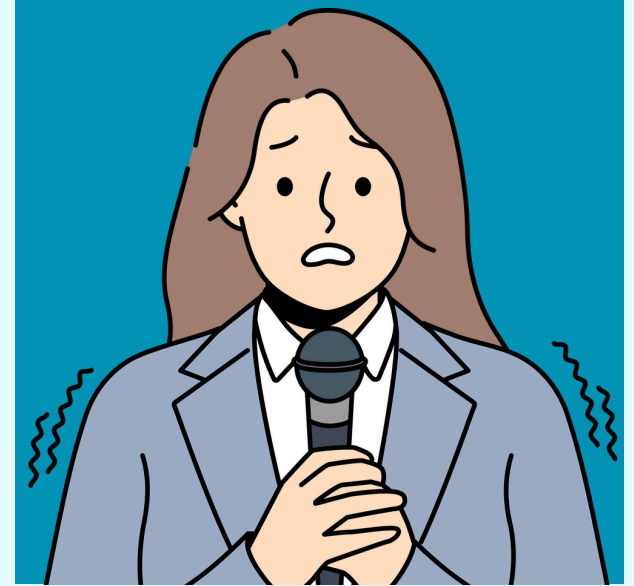
Breathing difficulty



Dizziness



Cracking voice



Racing thoughts



Irrational thinking



Inappropriate body language

