

# Top Well-Being Tips For the Interview Process



## Write down three things you are grateful for

It can be a helpful reminder after the interview has finished to remember what you are grateful for

## Plan something nice

Plan to do something nice after your interview/interviews are complete. Make sure you go no matter how the interviews went



“YOU’VE TOTALLY GOT THIS!”

## Meaningful quotes

Think about meaningful quotes or phrases which you can use throughout the selections process.. They can help you to stay motivated if things are difficult

## Try not to over-prepare

If you over prepare it can be easy to lose yourself in the interview and be overly focused on answering questions in “the right way.” Remember they want to know who you are and what’s important to you



## Bad news

If you do get bad news, allow yourself time to be upset before moving forward. People find it helpful to do this in a variety of ways, such as setting aside some alone time, journaling, listening to music or speaking about these emotions.

## Feedback is subjective

Try to remind yourself that feedback is often someone’s subjective opinion, it is not always the absolute truth

