

Crack Any Interview – Hinglish Guide 2026

Stress Control – Easy & Effective Tips

1. 4-7-8 Breathing (2 min)

- 4 sec saans lo
 - 7 sec roko
 - 8 sec saans chhodo
 - ☞ 4–5 baar repeat
 - Mind turant calm hota hai
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2. Overthinking Stop Formula

Jab dimaag bhage:

“Jo mere control me hai, wahi karunga.”

- Past ✗
 - Future ✗
 - Present ✓
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3. Interview / Exam Stress Control

- 10 min walk
- Mirror me 2 answer bol ke dekho
- Ye line bolo:

“Maine preparation ki hai, main ready hoon.”

4. Daily Stress Kam Karne ke Habits

- Subah uth ke phone 30 min baad dekho
- 15–20 min walking
- Junk food kam, pani zyada
- 7–8 ghante sleep

5. Instant Calm Technique (1 Minute)

- Pair zameen par rakho
- Apni 5 cheeze dekho
- 4 cheeze suno
- 3 cheeze chhoo ke mehsoos karo

→ Mind present me aa jata hai