

Be the most popular person at any party!

Feeling a little anxious about an upcoming holiday get-together? You're not alone: Surveys show almost all of us get a little nervous before a party—and it turns out, we're

all worrying about the same things! says Don Gabor, author of *How to Start a Conversation and Make Friends*. But those concerns can be erased with a few simple tricks!

Start a great conversation!



A simple question—"What do you think of the cheese dip?"—is all you need to start a conversation. Studies show the best topics for party conversations are the weather, family and the party food!

Hint

Come prepared with four or five subjects to talk about, whether it's your hobby or the local football team. That way, you'll never lack for something to say!

Make a jitter-free entrance!

Bring something for the hostess, like a bottle of wine or a dessert, recommends event planner **Steve Kemble**. Holding onto something—like a plate of cookies—as you walk through the door helps you feel less "naked," which takes the edge off your nerves!



Make friends instantly!



Make a beeline to the biggest crowd of people in the room, recommends Marisa D'Vari, author of *Building Buzz*. "Walk up to the group, smile and introduce yourself." They'll introduce themselves back, and the conversation has already started!

Hint

Too shy to approach other people? Stand in a high-traffic area such as the kitchen or bar. You'll be in a perfect position to run into a lot of people!

Does the thought of having to chat at a holiday party make you a little stressed out? Here's how to have a great time!



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