



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Small talk, although sometimes awkward, is a necessary aspect of our day-to-day lives. In fact, having frequent small talk with strangers is an easy way to boost your mood and increase your sense of belonging.

According to *The New York Times* your loose network of casual acquaintances, or even total strangers, make up what is known as “weak ties.” While “strong ties,” our closest friendships, are no doubt important, the warmth and connection of surface-level interactions cannot be discounted. In fact, they have a direct effect on our happiness and energy levels. Additionally, consider that small talk can help you leave a good impression, inspire new ideas, help you live in the present and lead to lasting relationships.



Gillian Sanstrom, a senior lecturer at the University of Sussex, explains that causal interactions are worth having even if you initially feel uncomfortable. While you may fear being rejected or that people will find you unlikable, remember that a majority of people on the other end of the conversation enjoy the connection.

Try striking up a conversation with a stranger. Feel a little awkward? Here's a few tips.

1. Break the ice with a compliment.

I love your watch! Where did you get it?

2. Introduce yourself.

I forgot to introduce myself! My name is...

3. Ask them about themselves.

So where are you from?

4. If you feel extra courageous, ask them for their phone number.

It was so nice talking to you, I'd love to get coffee sometime to talk more about...