IN the article “Social interaction” the author reffers that social interaction means having conversations and doing activities with people. The humans sometimes spend time interacting with their families, friends, classmate every day. Social interaction can also improve the mental health because when they meet with their friends they feel good about themselves. Some times people make connections with others and this make they feel more happier and safe. That improve in People’s mind. That help people in their life sometimes. The social interaction is good for life and mental health.

The social interaction is very important for life because when you socialize with others they spend part of their time doing that, For peoples who has an mental health problems like deppression, ansiatie thas good, because they spend time with friends, families and thats good because they doing sometime to disstract their minds talking or doing some activities with others. “According to the national health institude, people who belong to groups and meet witht heir friends regularly feel better about themselves and the world.” im agree witht hat because its true that makes people feel good, and safe and sometimes sure about themselves. Its veyr important the people makes connections because with that they feel in peace with themselves and they know that when needs talk or go outside they have friends or families can help them.

I’m a very social person I like the social interaction, but sometimes I preffer to stay alone for some days. For example: last week I was in my bed sad and lonley and I take a shower an I went to my sisters house. With that im doing social interaction because in that moment need talk withs omeone. For events like that is very important the social itneraction thats very important for mental health. Go outside with friends and family is one of the most important thing in my life thats make me feel good, sure and happier.

The social interaction is very important For life, because with that we can socialize with others, meet new people, make new friends and also lear from others. However The Psicologist reocmmend that for the mental health thats helps the people to distract their minds and helps other with their problems and help people with metal health problems and make that people more sure about themselves and its good for life thats make you feel loved by others.