Social Interaction

This passage “Social Interaction” is about the advantage people can obtain when they are sharing and spend quality time with other people. some people think are pleasant to have a good time interacting with friends or others. However, other people enjoy more their lives by themselves. The author explains in this passages some positives advantages that people get socializing with others. The author says a research found to share with friends help to improve mental and phisical health. Other positive advantage the author mentions is people learn from each other when they exchange anecdotals, experiences that make them to be closer and make their life happier.

An interesting idea in this passage is that “people who belong to groups and meet with friends regularly feel better about themselves and the world.” The author mentions this idea when he says when people share with others make them happier and they can see or afront things that happen in their lives more optimistically. I agree with this idea because is more easy and more beautiful to live our lives with someone on your side supporing you and let you know you are not alone. I can connect with this idea because one year ago I had to afront the separation of my husband with who I have two children. I don’t have family in this country and the only person I had there was him and my kids. It was very hard for my because I felt the world come over my life. After that day everything change, for supporing my family I had two jobs and have to leave my kids in their school in the morning, pick up them in the afternoon, household my house. I can overcome that situation because I knew people that always were there for me, helping me and letting me know I was not alone. Every person needs to have a friend, a family, a classmate someone with can make his life funny, somebody remember you the life is beautiful and together everything is possible.

Another interesting idea the author highlights is that “frequent social interaction can also improve your mental health”. This means to me that is very important to go outside, to have fun in a different environment because this help us to forget all problems that are affecting our daily life. Besides that you can help other people with their concerns. I think that is beneficial to share our lives with people that we love. I connect this idea with my children lives. My children love to go outside and play with their friends in the playground. Everytime they are sad because their father is not more in the house, they ask me for their friends. When they talked to other kids they realized other kids in their houses happen the same situation. My kids one day express to me mami one friend told me now I have two houses, my house and my father house. That is not to bad my parents divorced because everything have something positive. After that day, they stopped crying and feel a deep sadness. Speak and express our feeling to others benefit our mental health.

In conclusion, is very important spend time with other people. It is beautiful and comfortable to know someone is there for you. Sometimes is good to be apart if the person feel to need stay alone but it is healthy always remember how kidness and enjoyable can be socialize with other people. in the end the simple thing like to have a conversation help us to find better solutions, clarify our thought and results in positive ways many aspects in our lives.