Response to Social interaction

According to the article Social interaction is very important to help people to be More healthy physically and mental. Most people know how important that social interaction is, but in some cases is difficult meet with friends when people have to work. Also the author says, when we spend time in socializing we have several effects positive. Researches Found that people can improve their health, minds and also the emotional aspect of the individuo becoming happier when they meet with others.

The most important aspect people can improve with interction Social with others is the individual minds. According with the text, “when two people are haivng a Conversation, both individuals’ minds are active.” That means, when they share informations, opionions their brain are exercise and exchange ideas that will be important to remind essaly. I agree with this idea because when I am talking with others and we are discuss some things I fell interest and also I can remember information more quickly when I think in convestations pasted. Also I felt more happy when I meet with Friends and family then when I alone.

This reminds me when in the classroom we practice some vocabulary for the dictations, I felt more confident with my partner to practice and also I think my brain remember more when for example my friends read the words for me and then I read for her so in this way we are practicing but also we are exercise ours mindsand enjoyed the moment socializing

Another important reason for people socialice with other is heath benefits. According to the text.... “people who interact with other people regularly have less arthritis and heart disease. Compared to people who spend most of their time alone.” That means, that when people were alone they could be more sick with bad heath. The text explains, physical exercise is important, yet, exercise your minds is also important and valuble for your Physical help. This reminds me a particular situation with my little Sister, she is very shy and she does not like talk alot or meet with others persons she only pass her time in her phone. I think for reasons mentions in this articles my sister had problems with her health, she has hight presion if my sister spend her time with others and socialice more maybe her physical health now can be more good. Also improve her minds and be happier people.

in conclusion, my advice for everyone after I read this article is spend more time interacting with others for your physical and mental health because when you make strong relation with others your minds and body go will say thank you.