According to the article “social interaction” the author described that socializing with people benefie yoor mental health, help you to feel more positive in you life and bring you connections with society. Social interaction make society realize many ways people can think and see diferent point of view.

Interact with my friends made me feel calmer and helps me forgot how my busy life is going. When I spend time with my friend we talk about our family health, our goal for the future or what is happening on our live such as our school or work. It make me feel more comfort that I am not the only one who has the busier life with my homeworks, my job and shores. However, social interaction is benefit with my mental health. So I feel empatice with my friends. In contrast, we can learn of each others experience and we can give us advises for our life. As the author reflect that who people have a conversation both learn from each other experience.

Around of the world, Society interact with different peoples in the street. Sometimes they found out some similarly such as, come from the same Contries, has the same friend, different cultures or mental problems. In addiction, society has different problems or through into a life situations whe society had interaction they can help others to feel better and learn how to be empathy each other. Socialization with society can help others to feel better and have positive effects on them. In odd metal health is a comun problem on the society, and interacting with others can help you to find a solution faster or get the advises that you need. As the author reflect on the article whe they have a good mental health they will have more positive outlook on life and will be happy.

In conclution, Social interaction have a positive effect on life because it helps you to be a empatyc person and make conections so you help their mental health and be an emphatic person.