The article, “Social Interaction” states social interaction is as important as your work or study. We can create a social interaction with having conversation as well as doing activitis with others. According ot author, social interaction is beneficial for people different ways. I agree with author social interaction affects people to improve their metal health.

Having a social interaction is very important for my life as well as very beneficial. For example, when I cmae to the United States in 2019, I realized having a social interaction was very beneficial for me. Because My first impression of the United States was bad. When I was at the airport, I had to face many difficulties such as I did not know anyone in the United States and I was not able to speak in English with others. At that time, I realized How important English. So I decided I need to socialize with others. I found a way how to scialized with others. I went to the English language center in New York. When I was in English language Center, I met new friends as well as new teachers. I and My friends went on trips every holidays. I enjoyed my life more than ever. After few years, My English knowledge gradually improved. According to the author, social interaction is very important for mental health. I was able to improve my mental as well. When I enjoyed my life with friends, I was able to forget my problems such as homesick and depression.

In generally, I believe Everyone must have social interaction with other people. Because people only concern about their work or Study, they don’t think about their mental healt. People can built their social interaction different ways such as using social media, having parties, playing games and organizing social activities. In present, people don’t understand how important social interactions. Many people are suffering from depresion, and home sick. Having a social interaction helps people to improve their mental health. If people have good mental health, they can do work or study well. Because they can focus on their work or Study with out any stress.

Having social interaction is very important and very beneficial for people. It can be helped to improve people’s mental health. Having a good mental health helps people to enjoy their life.