The article “Social Interaction” describes how social life is important and beneficial to life. Research demonstrates that our socializing is an invaluable skills because improve a good physical health. Provide a better mental state and active the brains in order to works more fast. I belive that social Interactions is a essential skill in order to have a health life. Interactions helps people to change their Minds. When people are integrate with differents kind of individuals their Minds will be open for a new world. I rember in My First semester on the CLIP program there were many diversity of cultures. Some of them were Colombians, Domicans, Arabians, and Americans and all of them have their own way of thinking. My family always teach me That is only one good religion but interaction with others type of people I realize that it is ok have a different opinion about Religion, life, deports etc. All the human have the freedom to choose their own interest even though if their parents doesn’t like. For this reason is essential that humans interact with others because open their posibilities to understand the world around them.

Socializing improve Mental estability. People who spend more time alone is more fustrated. The Majority of adults spend their time staying on the house but Never have time to socialize.

Making more fustrated and angry individuals. When people have time to socialize with family, or friends their are more able to develop a good Mental health. This return back to the idea that Interactions are invaluable in our life because provide benefits and positive effects.

Overall, spending time with family or friends increase and promotes a good Mental state. Making happy and funtional Individuals