Social Interaction

We have always heard that “A sound body has a sound mind”. But for a sound body and a sound mind, social itneraction is important. Most of the the time social interaction gives you pleasure. With social interaction you can see the world in a more positive way. Regular interaction can help you to be active because people who interact regularly feels more joy than others who don’t interact.

Spending time with family, friends and colleagues is called social interaction. Social interaction can provide you with different benefits such as physical benefits and mental benefits. According to the author some people do not consider spending time with Family and friends as important. But in reality it can also protect you from different diseases such as heart diseases and arthritis. Interacting socially helps you to make connections, share and experience the ideas of other people. It provides happiness and entertainment that’s why it has been considered worthy.

According to researcher Dr Bryan James, by discussing a topic with others, people can understand it better. They can also remember the details more clearly”. (Paragraph “Social Interaction”)

I agree with statement of Dr Bryan James. I would like to connect it with me because this helped me alot when I was in my high school. Remembering and memorizing long paragraphs of academic books was the most difficult task for me. On my teachers recommendation I started practicing the technique of discussing topic with my mother. This technique helped me not also to make my doubts clear but also I learned new ideas from my mother. It also helped me to make strong and happiest connection with her. On one hand, it sounds good. On the other hand, it also takes your a lot of time. But spending time makes it worth.

According to the author of the paragraph social interaction “when two people are having a conversation, both individuals minds are active. They learn from each other’s experiences and ideas. This interaction can also ‘exercise their brains and help them work more quickly”. I agree with that.

I work almost 10 hours a day. There I meet approximately 100-200 people daily. I try to make connections with them and help themb y saying good words and greetings because I know that sharing your positive energy with others not also makes their day but also helps you to stay more positive. Even though I interact with alot of people who say bad words and shares negativity, but when i remember the words of some good people I almost forget about them. Interacting socially also helps me to make myself happy. Sometimes when I am tired and not in a mood to work my colleagues motivates me. When our energy is down we talk to each other and help each other to stay active. This shows that social interaction is important.

In conclusion, social interaction has alot of advantages. It brings you enjoyement. It helps you to stay active. It helps you to make out of your loneliness and prevents you from getting sick. Your social life affects your mental and physical life in a positive way. So, we should always makes social interactions in order to keep ourselves healthy.