Isolation takes a toll on our health. NASA uses seven key points to help astronauts, and us, learn ways to solve problems whether in space or at our kitchen table.

**Community**
Seek ways to support society and contribute to the greater good.

**Openness**
Be open-minded: Look for ways to adapt to life’s challenges.

**Networking**
Make contacts: Interact with others to create new activities and share information.

**Needs**
Keep a routine: Eat and sleep well, maintain physical and emotional health, exercise.

**Expeditionary Mindset**
Confront challenges head on: Seek support from and provide support to others.

**Countermeasures**
Reduce stress: Be mindful of your strengths, try journaling and sharing your concerns.

**Training**
Build on what you’ve learned in life: Enhance skills and learn new ones.