

# ISOLATION

What can we learn from NASA?

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.



- C** **Community**  
*Seek ways to support society and contribute to the greater good.*
- O** **Openness**  
*Be open-minded: Look for ways to adapt to life's challenges.*
- N** **Networking**  
*Make contacts: Interact with others to create new activities and share information.*
- N** **Needs**  
*Keep a routine: Eat and sleep well, maintain physical and emotional health, exercise.*
- E** **Expeditionary Mindset**  
*Confront challenges head on: Seek support from and provide support to others.*
- C** **Countermeasures**  
*Reduce stress: Be mindful of your strengths, try journaling and sharing your concerns.*
- T** **Training**  
*Build on what you've learned in life: Enhance skills and learn new ones.*

