Astronaut’s Guide to Social Distancing

Here’s What Former Astronauts Have to Say About Extended Isolation

See the Bigger Picture & Set Realistic Expectations
Remember that this is all temporary. Even though we might not know exactly when it might end, life will soon be back to normal. Let yourself have good days and bad days in this time.

Stay Busy and Keep Your Mind Active
One great distraction students have is schoolwork! Maintaining some sense of normalcy and routine by focusing on your classes can be very helpful. And you can also use this extra time to pick up a new hobby!

Keep Your Body Active, Too
Exercise is key to maintaining good physical and mental health. Try to incorporate exercise into your routine, even if it’s just a (socially distanced) walk around your neighborhood.

Keep Your Base of Operations Clean & Comfortable
Make sure that your space is tuned for the task you have on hand. Have a clean desk for schoolwork, and a comfortable couch or bed for taking breaks. Take some time to clean your space every day.

Keep Channels of Communication Open
Communicate frequently with both professors and loved ones. Be clear and honest about what’s working and what you need — everyone is new to this!

Do Things to Help Each Other & Keep Spirits Up
Try to send friends a nice note or meme to let them know you’re thinking of them. Get in the habit of checking in on friends regularly. If you’re living with others, even small acts of kindness can help when sharing space.