

I Spent a Year in Space, and I Have Tips on Isolation to Share

Take it from someone who couldn't: Go outside. (But stay six feet away from anyone.)



“One of the things I missed most while living in space was being able to go outside and experience nature. After being confined to a small space for months, I actually started to crave nature – the color green, the smell of fresh dirt, and the feel of warm sun on my face. That flower experiment became more important to me than I could have ever imagined. My colleagues liked to play a recording of Earth's sounds, like birds and rustling trees, and even mosquitoes, over and over. It brought me back to earth. (Although occasionally I found myself swatting my ears at the mosquitoes.)”

Read the full article by Scott Kelly, a retired NASA astronaut who spent a year on the International Space Station [here](#).

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