

THE HUMAN CHALLENGES OF

MAIRS

STRESS

1  
00:00:08,360 --> 00:00:05,990  
the journey to Mars and back will be a

2  
00:00:10,160 --> 00:00:08,370  
long way up to three years in an

3  
00:00:12,140 --> 00:00:10,170  
enclosed space with a small group of

4  
00:00:14,060 --> 00:00:12,150  
people this mission stands to be more

5  
00:00:14,600 --> 00:00:14,070  
stressful than any that have come before

6  
00:00:16,670 --> 00:00:14,610  
it

7  
00:00:18,170 --> 00:00:16,680  
astronauts will be isolated and confined

8  
00:00:19,970 --> 00:00:18,180  
for long periods of time

9  
00:00:21,859 --> 00:00:19,980  
they'll have to conduct critical tasks

10  
00:00:24,259 --> 00:00:21,869  
under tight deadlines far from home

11  
00:00:25,910 --> 00:00:24,269  
separated from family and loved ones all

12  
00:00:27,259 --> 00:00:25,920  
this combined with living in a

13  
00:00:28,970 --> 00:00:27,269

weightless environment it all

14

00:00:31,099 --> 00:00:28,980

contributes to physical and

15

00:00:33,500 --> 00:00:31,109

psychological stresses that we'll need

16

00:00:35,420 --> 00:00:33,510

to be prepared for the time and stress

17

00:00:38,090 --> 00:00:35,430

of the mission could lead to changes in

18

00:00:40,130 --> 00:00:38,100

sleep patterns depression fatigue a lack

19

00:00:42,350 --> 00:00:40,140

of motivation irritability and could

20

00:00:44,690 --> 00:00:42,360

even cause prolonged conflict among your

21

00:00:47,330 --> 00:00:44,700

crew if this happens the team could

22

00:00:50,479 --> 00:00:47,340

breakdown possibly even jeopardizing the

23

00:00:52,610 --> 00:00:50,489

mission but we're working on it today

24

00:00:54,680 --> 00:00:52,620

aboard the International Space Station

25

00:00:56,479 --> 00:00:54,690

we're testing new technologies that

26

00:00:58,670 --> 00:00:56,489

could help regulate sleep patterns and

27

00:01:01,130 --> 00:00:58,680

combat fatigue we're learning more about

28

00:01:02,959 --> 00:01:01,140

how isolated crews perform and interact

29

00:01:04,910 --> 00:01:02,969

and how the brain responds to the

30

00:01:07,640 --> 00:01:04,920

stresses of prolonged space flight we're

31

00:01:09,260 --> 00:01:07,650

going to Mars it won't be easy but

32

00:01:11,570 --> 00:01:09,270

because of the research we're doing

33

00:01:13,340 --> 00:01:11,580

today on the ground and aboard the

34

00:01:14,350 --> 00:01:13,350

International Space Station we'll be