

A composite image featuring two astronauts in a space station environment. On the left, astronaut Christina Koch is shown in a red polo shirt, smiling and holding a white mesh bag. On the right, astronaut Scott Kelly is in a blue NASA flight suit, also smiling. The background shows various pieces of equipment and the Earth's surface from space. Large, bold, white text with a red outline is overlaid on the image.

**ADVICE ON
RETURNING TO EARTH**

**FOR ASTRONAUT
CHRISTINA KOCH**

...FROM SCOTT KELLY

1
00:00:04,550 --> 00:00:02,310
hey i wanted to uh congratulate you on a

2
00:00:06,630 --> 00:00:04,560
very successful mission look forward to

3
00:00:07,749 --> 00:00:06,640
you uh getting back here on earth it's a

4
00:00:12,629 --> 00:00:07,759
really

5
00:00:15,570 --> 00:00:12,639
privilege to come back from space after

6
00:00:18,550 --> 00:00:15,580
living off the planet

7
00:00:20,870 --> 00:00:18,560
[Music]

8
00:00:24,070 --> 00:00:20,880
strictly up to you i guess it's whatever

9
00:00:25,750 --> 00:00:24,080
you're craving in my case i i craved uh

10
00:00:27,990 --> 00:00:25,760
you know fresh vegetables because we

11
00:00:29,990 --> 00:00:28,000
didn't have a whole lot of that on board

12
00:00:32,470 --> 00:00:30,000
as you know you know i would uh

13
00:00:35,430 --> 00:00:32,480

encourage you to put everything in the

14

00:00:37,830 --> 00:00:35,440

right perspective and understand

15

00:00:40,150 --> 00:00:37,840

how important it is for you to get

16

00:00:42,630 --> 00:00:40,160

the right amount of rest and you know

17

00:00:43,990 --> 00:00:42,640

balance all those things you want to do

18

00:00:45,910 --> 00:00:44,000

because you haven't been able to do them

19

00:00:48,389 --> 00:00:45,920

in so long you know one of the

20

00:00:51,189 --> 00:00:48,399

challenges of coming back to earth after

21

00:00:52,950 --> 00:00:51,199

being in space for so long is that your

22

00:00:55,189 --> 00:00:52,960

whole time there you have this very

23

00:00:57,189 --> 00:00:55,199

tightly controlled schedule

24

00:00:59,189 --> 00:00:57,199

and one of the things i always found

25

00:01:00,950 --> 00:00:59,199

hard to adjust to is when i come back

26
00:01:02,549 --> 00:01:00,960
not having that plan anymore the advice

27
00:01:04,390 --> 00:01:02,559
i would give you is

28
00:01:05,270 --> 00:01:04,400
you know tell your own story let people

29
00:01:07,030 --> 00:01:05,280
know

30
00:01:08,950 --> 00:01:07,040
how you really felt

31
00:01:10,149 --> 00:01:08,960
what you thought what your feelings were

32
00:01:13,510 --> 00:01:10,159
while you were

33
00:01:14,789 --> 00:01:13,520
on this mission um he'll try to inspire

34
00:01:16,469 --> 00:01:14,799
entertain

35
00:01:19,030 --> 00:01:16,479
inform but the most important thing is

36
00:01:22,070 --> 00:01:19,040
you got to be genuine when you come back

37
00:01:23,590 --> 00:01:22,080
it's uh you know somewhat like a sensory

38
00:01:25,109 --> 00:01:23,600

overload a little bit you know

39

00:01:27,590 --> 00:01:25,119

experiencing

40

00:01:29,830 --> 00:01:27,600

weather for the first time rain sun on

41

00:01:31,670 --> 00:01:29,840

your face wind i mean it's

42

00:01:33,749 --> 00:01:31,680

exhilarating i do remember though the

43

00:01:35,749 --> 00:01:33,759

first time i saw a dog like up close

44

00:01:38,069 --> 00:01:35,759

after i got back it was almost like

45

00:01:39,910 --> 00:01:38,079

seeing an alien being

46

00:01:40,630 --> 00:01:39,920

it's how i felt about it was really cool

47

00:01:52,069 --> 00:01:40,640

so