



1
00:00:06,070 --> 00:00:03,990
honestly it's exciting i think all

2
00:00:07,829 --> 00:00:06,080
astronauts are explorers at heart

3
00:00:10,150 --> 00:00:07,839
and having the opportunity to contribute

4
00:00:12,629 --> 00:00:10,160
to furthering exploration

5
00:00:14,230 --> 00:00:12,639
um is is a great opportunity

6
00:00:16,390 --> 00:00:14,240
my family's been braced for this i've

7
00:00:18,310 --> 00:00:16,400
been braced for this it's something that

8
00:00:20,470 --> 00:00:18,320
we expected and honestly

9
00:00:23,830 --> 00:00:20,480
it's uh got a sense of novelty to it for

10
00:00:25,910 --> 00:00:23,840
me it's a new experience and i'm and i'm

11
00:00:27,269 --> 00:00:25,920
looking forward to as a human being

12
00:00:31,109 --> 00:00:27,279
understanding how it feels to do

13
00:00:33,590 --> 00:00:32,470

well i don't first of all i don't think

14

00:00:35,350 --> 00:00:33,600

it's a record that i would even

15

00:00:38,069 --> 00:00:35,360

attribute to me it's a record for our

16

00:00:39,350 --> 00:00:38,079

space program um i have a tremendous

17

00:00:41,430 --> 00:00:39,360

amount of respect for scott and

18

00:00:44,069 --> 00:00:41,440

christina both and i know they would

19

00:00:46,069 --> 00:00:44,079

both be extremely happy as the explorers

20

00:00:48,150 --> 00:00:46,079

that they are to see that we're

21

00:00:49,670 --> 00:00:48,160

furthering exploration we're getting

22

00:00:52,069 --> 00:00:49,680

people into space for longer and longer

23

00:00:53,830 --> 00:00:52,079

periods of time i expect

24

00:00:55,990 --> 00:00:53,840

this record to be broken and and that

25

00:00:59,510 --> 00:00:56,000

will be a further success

26

00:01:01,430 --> 00:00:59,520

for our space program

27

00:01:03,590 --> 00:01:01,440

so there is certainly a very very

28

00:01:05,670 --> 00:01:03,600

important psychological element and for

29

00:01:07,910 --> 00:01:05,680

example i try to spend some time

30

00:01:09,590 --> 00:01:07,920

uh meditating every day

31

00:01:11,670 --> 00:01:09,600

talking to my family

32

00:01:13,670 --> 00:01:11,680

every day i talk to my wife almost every

33

00:01:15,429 --> 00:01:13,680

day those things are hugely helpful so

34

00:01:16,870 --> 00:01:15,439

not just

35

00:01:19,429 --> 00:01:16,880

being comfortable with yourself but

36

00:01:20,710 --> 00:01:19,439

maintaining those connections to the the

37

00:01:22,149 --> 00:01:20,720

with the relationships we have on the

38

00:01:26,149 --> 00:01:22,159

ground that are so important to us is

39

00:01:27,990 --> 00:01:26,159

super super important as well

40

00:01:29,109 --> 00:01:28,000

so what we're doing in effect is

41

00:01:31,429 --> 00:01:29,119

practicing

42

00:01:33,749 --> 00:01:31,439

keeping people healthy on a long trip

43

00:01:34,630 --> 00:01:33,759

through space where people don't have

44

00:01:39,270 --> 00:01:34,640

the

45

00:01:41,190 --> 00:01:39,280

us from being in this what i again call

46

00:01:42,069 --> 00:01:41,200

a free fall

47

00:01:43,670 --> 00:01:42,079

so

48

00:01:46,789 --> 00:01:43,680

we're practicing for missions like that

49

00:01:48,870 --> 00:01:46,799

right now the big difference is when we

50

00:01:49,990 --> 00:01:48,880

get our first folks to mars we're not

51
00:01:52,149 --> 00:01:50,000
going to have

52
00:01:53,510 --> 00:01:52,159
a staff of nurses and doctors there to

53
00:01:55,190 --> 00:01:53,520
make sure we're healthy and take care of

54
00:01:57,990 --> 00:01:55,200
us no one's going to be there to help

55
00:01:59,670 --> 00:01:58,000
extract us out of the spacecraft

56
00:02:00,950 --> 00:01:59,680
we've got to make sure that astronauts

57
00:02:02,550 --> 00:02:00,960
are healthy enough to take care of all

58
00:02:04,630 --> 00:02:02,560
those things on their own when they're

59
00:02:05,350 --> 00:02:04,640
very far away from mother earth

60
00:02:07,350 --> 00:02:05,360
so

61
00:02:09,350 --> 00:02:07,360
being able to contribute to that is

62
00:02:11,750 --> 00:02:09,360
something i will always be very very