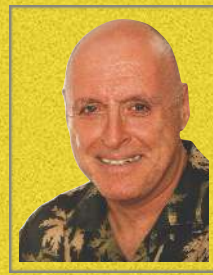


# THE EXTRA POINT

BY JERRY ROBERTS



## # 546 Isolation Advice From a Guy Who Lived in Space

Is this isolation thing bugging you? Do you have doubts you can keep it going for months, if needed? Do you think some advice from someone who did it for a year could help? I'm Jerry Roberts and today, I've got that for you, next on The Extra Point.

Scott Kelly is a retired NASA astronaut who spent nearly a year on the International Space Station. He knows all about being stuck at home and how challenging that can be.

Maybe we can learn something from a guy who couldn't go to the grocery store or anywhere else for that matter. He could take a walk but it required a few days in preparation if he wanted to venture outside in the nothingness of space.

He's back on Earth now and is once again confined to his home, as we are, and he gave the New York Times some tips on how to survive these weeks and months ahead. We covered some of this a few Extra Points ago but it's worth going over the territory again.

1. Follow a schedule. It keeps you busy and restores some purpose to your day. Kelly liked the structure and says he missed that when he returned from space. If you have a family, talk about a schedule with everyone, kids included. They like to be a part of things, and it'll be valuable for them to know they're contributing to the family's well being through scheduling.
2. Make sure you add some fun things into the schedule. Family movie nights are great, and let the kids help make the snacks.
3. Have a consistent bedtime. Great sleep begins with sleeping at a similar time every night. The body loves order and consistency, and rewards you for it. Try for 7-9 hours a night. I know it sounds like a lot but I'm getting more now than I used to, and I've chatted with others who say the same thing.

4. Get outside for fresh air at least once a day. Getting in the sun for 15 to 30 minutes a day adds vitamin D and just feels good. Kelly couldn't experience this when he was on the space station and began to crave it.

5. Get some exercise. It doesn't have to be a hard, sweaty workout. Walking is fine or some light to moderate movement of any kind.

6. Have a hobby. If you don't have one, start one. There will never be a better time than now to develop a new interest. Plant something, take up a musical instrument, learn how to fix a car, or maybe just read more.

7. Start a journal. Write down how you feel about this experience, day by day. Years from now, somebody will read what you write and it will be important for them. NASA discovered the value of keeping a journal when in isolation.

8. Connecting with others is huge. If you're not yet on the video-conferencing bandwagon, jump aboard. Those connections bolster mental health, physical health, and that includes our immune system.

9. Seek reliable sources of information. A lot of things pushed on social media haven't been properly checked out. Our interests are better served when we get a balanced perspective.

Good advice from Scott Kelly, former astronaut who spent a year on the International Space Station.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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