

35th IAA SYMPOSIUM ON SPACE AND SOCIETY (E5)
Interactive Presentations - 35th IAA SYMPOSIUM ON SPACE AND SOCIETY (IP)

Author: Dr. Julio Rezende
Federal University of Rio Grande do Norte (UFRN), Brazil

Ms. Natalia Hazbun
Habitat Marte Space Analog Station, Brazil
Ms. Iris Cabral
Universidade Federal do ABC - UFABC, Brazil
Mr. Gabriel Matheus Dutra Santos
Habitat Marte Space Analog Station, Brazil

MINDFULNESS EXPERIENCE BY ANALOG ASTRONAUTS IN SPACE ANALOG MISSIONS IN
BRAZILIAN NORTHEAST

Abstract

This research explores the mindfulness experience reported by researchers in analog space missions operated on Northeast region of Brazil at the Habitat Marte Space Analog Station. Mindfulness, the practice of cultivating awareness of the present moment with an attitude of openness and acceptance, offers valuable tools for improving well-being, resilience, and performance in isolated and confined analog environments. One of the interests about to operate mindfulness practices in space analog missions are initiatives just developed in aerospace field, being used by test pilots, from the air force from different countries, such as Canada, as well as present in reports from several astronauts, who used mindfulness techniques during missions and their respective training. The analogue astronaut in this environment is inserted into the following protocol: 1.1) In the visualization experiment, the analog astronaut is directed for environment with the least sound interruptions and the quietest of the station; 2) Presentation of basic guidelines for the activity: remain in a pleasant position, in a calmer environment; 3) Introduction of the audio guiding the mindfulness meditation; 4) Presentation of guidelines for analog astronauts; 5) In the end, process the perceptions of the experience and possible benefits perceived by the participants. For analog missions based in Brazil, the operationalization of the protocol: 1. Bring focus and attention to the present, with the aim of contributing for tranquility, rationality, calming, helping to treat anxiety and nervousness; 2. Helps with sleep, productivity and focus.