

## “Stress Relief”

A necessary part of working in Biosphere 2 was finding sources of stress relief. Some engaged professional psychological advice and support... which they reported as being very effective in alleviating emotional and psychological stress. Festive occasions became an important means of boosting morale. Emotional support from friends and family was reported as crucial... Stress relief activities employed by Biospherians included creative endeavors such as writing, painting, playing music and interactive art events with participation from artists outside Biosphere 2. Most Biospherians appeared to pay greater attention to news from the outside world, and email was used ...to expand the network of people with whom they interacted on a day to day basis. Relieving stress was considered by many crew members to have a positive effect on performance.

**alleviate:** to reduce the pain or trouble of (something); to make (something) less painful, difficult, or severe

**festive:** cheerful and exciting; suited to a celebration or holiday

**boost:** to increase the force, power, or amount of (something)

**morale:** the feelings of enthusiasm and loyalty that a person or group has about a task or job

**endeavor:** an effort to do or accomplish something

**crucial:** extremely important