

“Performance and Long Duration Isolation and Confinement”

One month past the one year celebrations the [Biospherians] reported having depression to the point of finding it very difficult to perform daily tasks that needed to be done, and several commented on a lack of motivation.... These Biospherians attributed the low point in their morale to feeling somewhat daunted or over whelmed by the prospect of entering another year's cycle and the onset of winter. The low light levels occurring in the winter reduced food supplies and increased the rate of oxygen depletion.

Daily tasks were considered extremely monotonous, repetitive, and in some cases hard physical labor.... At least in part from being on duty 24 hours a day, seven days a week, the feeling of needing a vacation was in most people's[thoughts] during that second winter and some reported feeling physically exhausted.

morale: feelings of enthusiasm a person or group has about a task or job

daunted: feeling afraid or less confident

depletion: decreased amount