Space Exploration Essay Contest Winner

Prompt: You are going on a trip to the International Space Station. Think about three (3) things you would take with you and tell why you would take these three (3) things.

I would like to bring three objects to the International Space Station to help with my mind, body, and spirits. For my mind, I would bring a machine to monitor the functions of my brain. I would pack a fitness tracker for my body and a Rubik's cube to help raise my spirits.

The first thing I would pick to bring to the International Space Station would be a machine to monitor the functions of my brain. Why? Many entrepreneurs are considering starting companies to send tourists into space. Approximately 20% of the population has anxiety, so it would be important to understand how space and zero gravity can affect anxiety. The machine would compare how the brains of me and my fellow astronauts act differently in space than on Earth. This information would be vital to many researchers.

The wellness of both your brain and body are important to measure in space. Tracking physical wellness is important because if an astronaut doesn't exercise, she can lose bone and muscle, which decreases size and strength, along with the ability to work. A regular activity tracker would not be allowed in the space station due to safety concerns and fire hazards caused by the lithium ion battery. However, I could bring a solar powered tracker. I know there would be sufficient power, because the station is fueled by the sun's energy. A tracker would be useful because it would tell me if I was getting enough physical activity to stay healthy.

Lastly, because life in space could be stressful or lonely, I would want something to help me unwind. Therefore, the final item I would bring to the International Space Station would be my Rubik's cube for fidgeting and relaxation.

By bringing these three objects, I will ensure the health of my mind, body, and spirits on my exciting journey to the International Space Station.