



Name	Susan Ip-Jewell MD
Email	drjewellmd@gmail.com
Art Name	Body Mapping for Astronaut Mental Health
Country	USA
Symposium	5 SYMPOSIUM ON SPACE RENAISSANCE ART
Session	5.2
Abstract Title	Body Mapping Art for maintaining mental health for analog astronauts during I.C.E missions
Abstract Code	SRIC3-SRA-5.2-04.078
Co-Authors	--

Abstract

Space is hard for life. Space medicine, human factors and “astropsycho-sociological” risks and challenges must be address and solutions found integrating innovative concepts, new paradigms, and exponential technologies before humanity can realistically live and thrive in extreme environments to finally become a multi-planetary species. The recent successful onboarding of commercial space industries has increased the interest for human space exploration within the professional, academic and citizen scientist sectors resulting in increased funding and engagement in analog research, in particular, analog astronautics. The aim is to offer experiential simulation-based learning in a full immersive environment and to support selection of highly trained analog astronauts for MMAAR\'s analog astronaut missions. Analog studies aims to test group cohesion, collaboration, communication and conflict-resolution strategies that might help predicts team performance; establish baselines for a wide range of human cognitive, social and emotional factors; test viability of exponential technologies, such as VRAR and mixed reality, as novel tools in a countermeasure program to mitigate or reduce stress and anxiety during missions with crews living in Isolated, Confined, Environments (I.C.E). Such studies can show how multi-disciplinary and international crews will perform on long-duration space exploration and missions to Mars and off-world settlements. The data collected from the analog sims will assist scientists to recommend strategies for crew composition and determine how best to support such crews while they are living in Space. We will discuss the results obtained during analog astronaut missions and the feasibility of implementing innovative technologies, such as, Body Mapping Art in VR using the google tilt brush to address issues of stress, crew cohesion and test viability for mitigating anxiety and stress.

A short bio

Susan Ip-Jewell MD, DCEG is a Space Medicine Physician-Scientist, Analog Astronaut, exponential technologist, entrepreneur. She an official "SPACE COACH" for AFWERK empowered by USA SPACE FORCE and US Air Force and received two "knighthoods" as Dame from the Royal Crown and Kingdom of Montenegro and as Dame Commander in the Order of the Eagle of the Kingdom of Georgia from Royal House of Georgia. Dame Susan is a member of various Boards and committees including the Board of Governors for Life Sciences and Bioengineering Branch (LSBEB) of the Aerospace Medical Association, (AsMA) Her research focuses on space medicine, health, wellness, human factors and exponential technologies. CEO of MMAARS, Inc, (Mars-Moon Astronautics Academy & Research Science) training commercial analog astronauts and developing the first Mars-Moon Settlement training facility in Mojave Desert in California, USA. MMAARS is offering fully immersive experiences in analog missions where crews live, work and conduct R&D in remote, Isolated and Confined Environments integrating experiential learning with exponential technologies. She is the President, AvatarMEDIC.space, a company with a vision to create a new paradigm to disrupt and



democratize healthcare access and medical services by converging XR/AR/AI. haptics, robotics, drones, blockchain. www.MMAARS.com

What inspired me most, in my art work

- Evolution of humankind and its cosmic destiny,
- The beauty, the mystery and the majesty of the universe,
- Space X and Elon Musk,
- Space exploration,
- Space settlement,
- Moon, Mars, asteroids and beyond,
- Futurism,
- Science and Technology,
- The natural beauty of Planet Earth and other planets,
- Humans, the people of Planet Earth,
- Spirituality, mystic or religious views,
- The great need of a space renaissance for humanity,
- Social themes and needs,
- Psychology investigation on humans,
- Love and compassion,
- Philosophy,
- Humanism,
- Civilian rights