



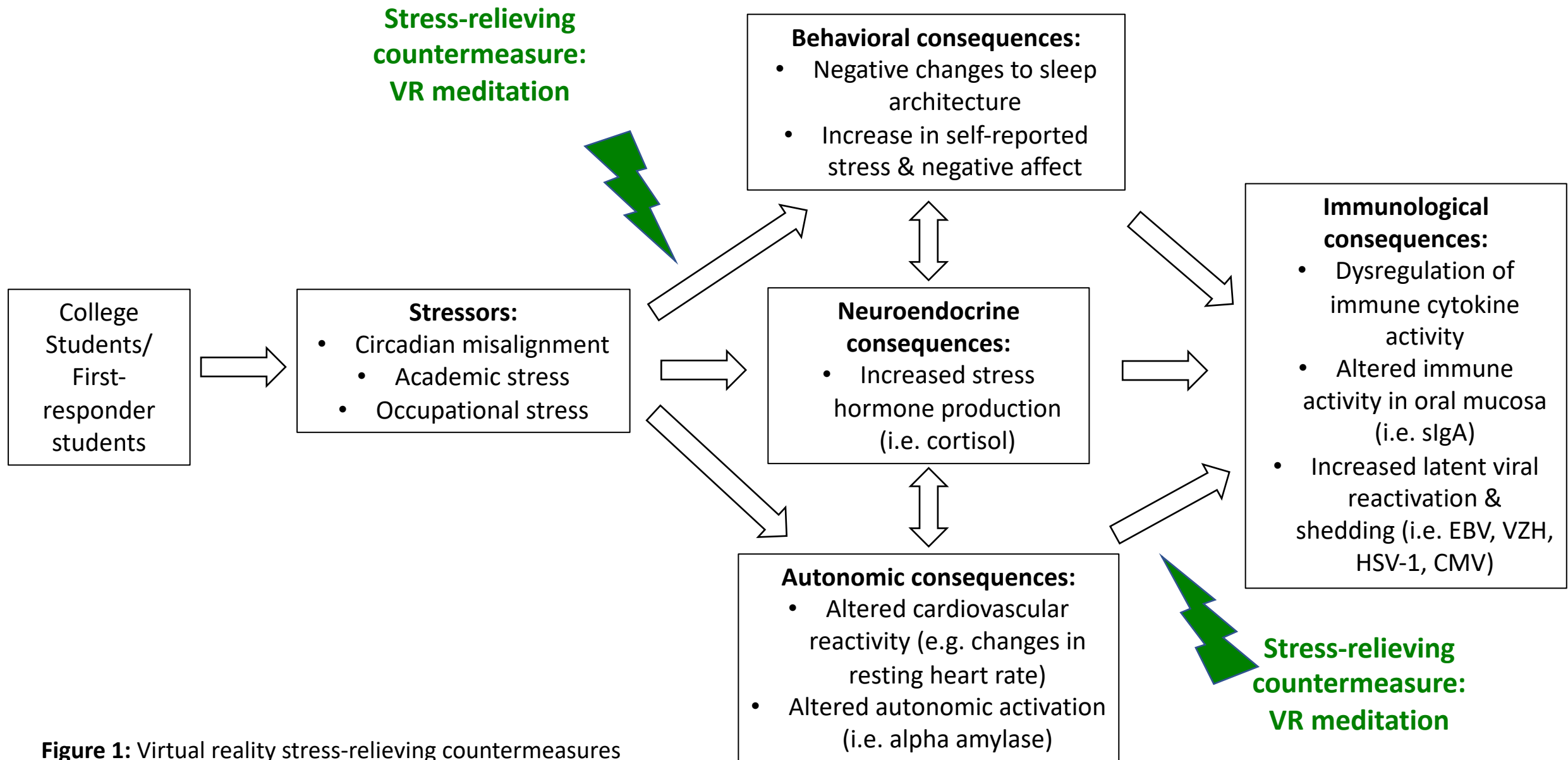
# Can Behavioral Countermeasures Modulate the Risk of Stress-induced Altered Immunity and Latent Virus Shedding?

Jenna Blain '21 and Grace Fleming '21

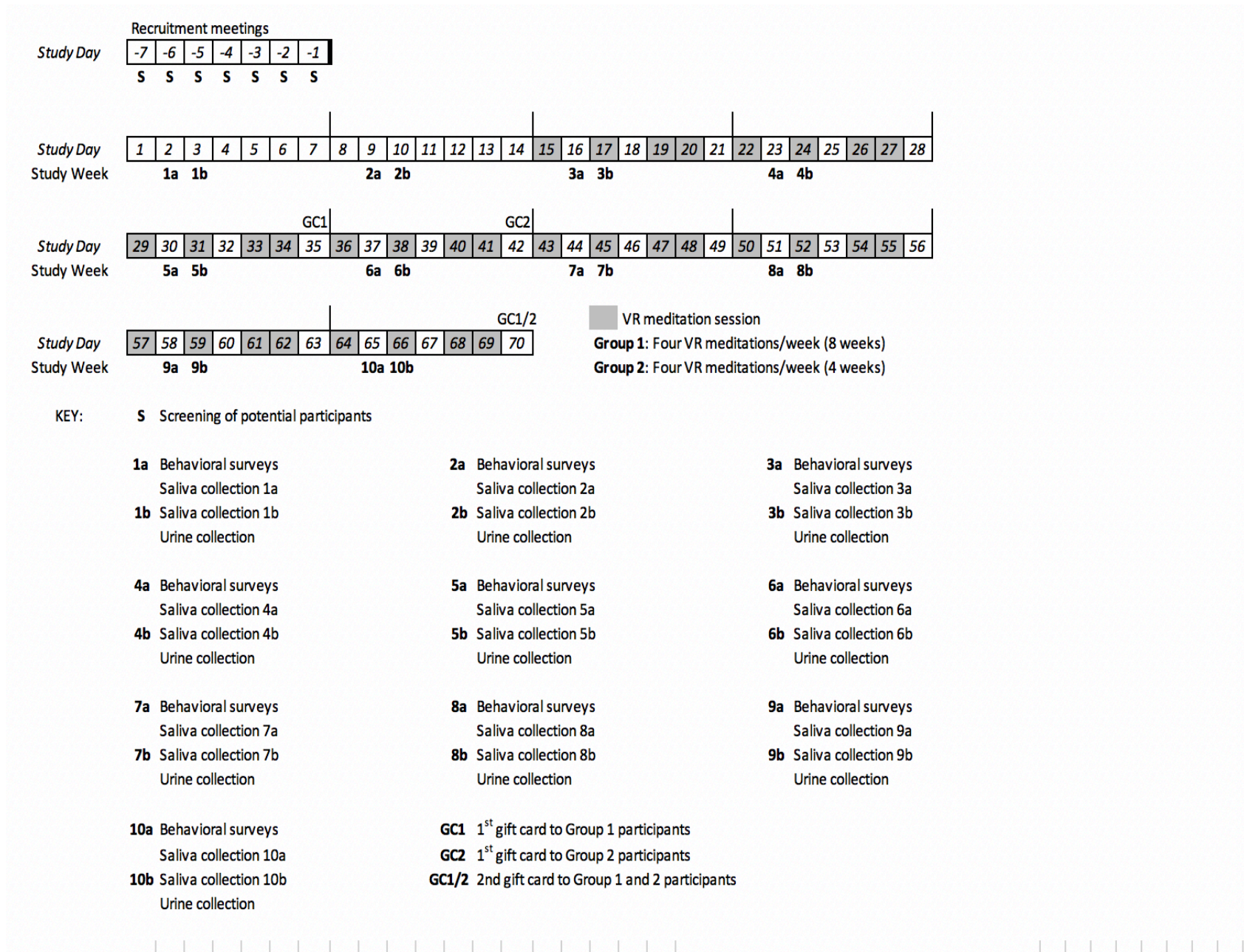
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Saint Michael's College Biology and Psychology Departments





**Figure 1:** Virtual reality stress-relieving countermeasures in college students and first responders project overview



**Figure 2.** Fall 2020 and Spring 2021 Schedule of Events

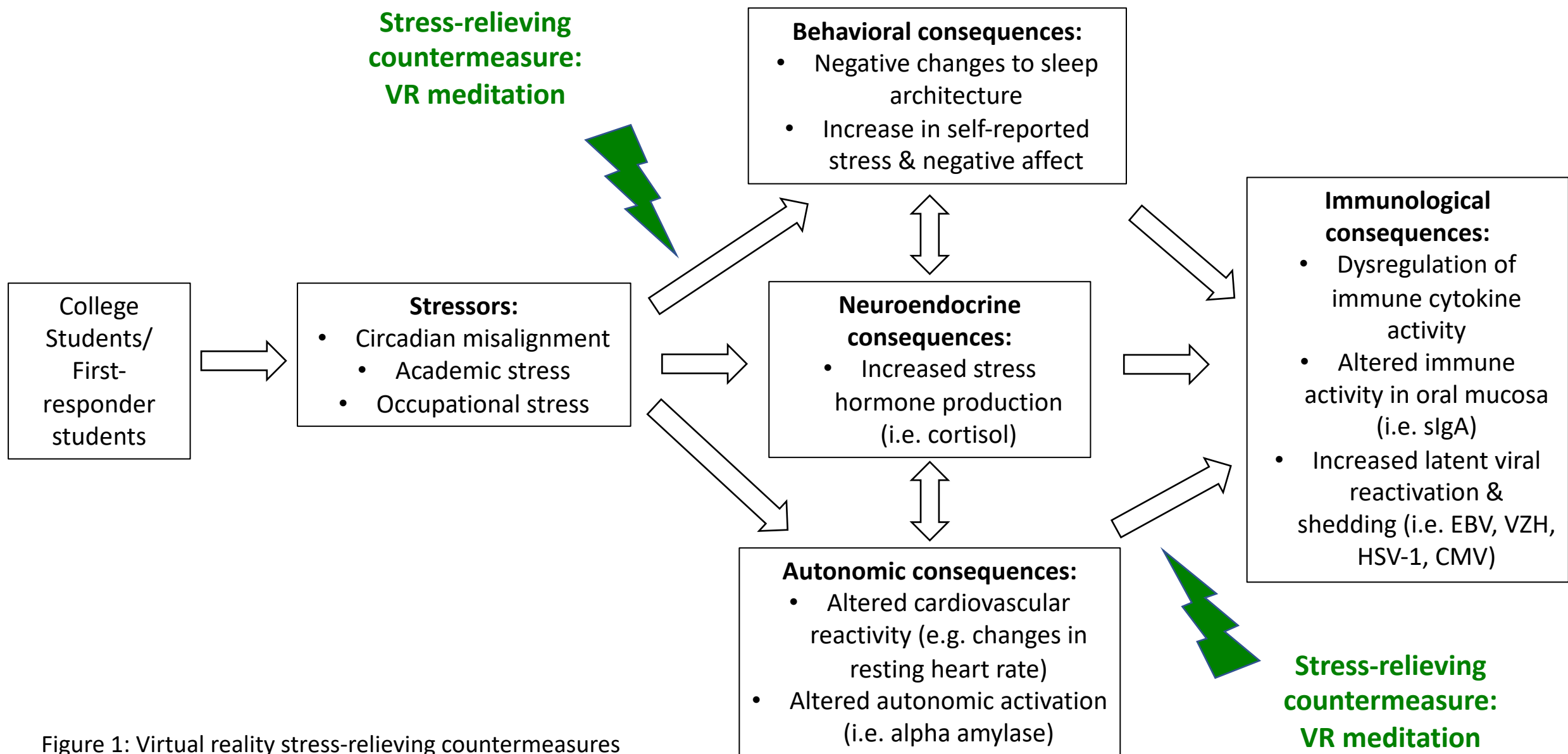
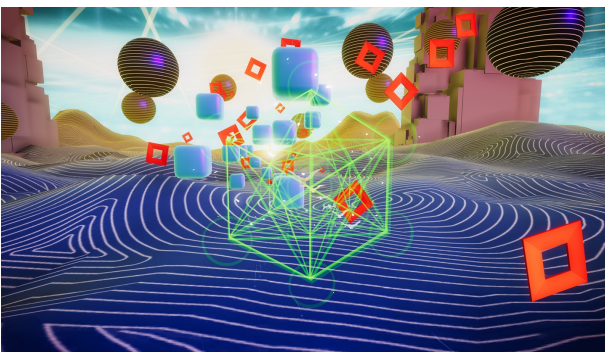


Figure 1: Virtual reality stress-relieving countermeasures in college students and first responders project overview



TRIPP Software



Oculus Quest 1 and 2



Oculus Quest 1 and 2



TRIPP Software

# Virtual Reality Stress-Relieving Countermeasure

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20 minutes at least 4 times a week

# Significance

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Online Mindfulness Sessions Helping Mental Health During Pandemic

March 24, 2021  
Kenny Walter  
Resident & Staff Physician®, Resident & Staff Physician® March 2021,

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Sessions show promise helping alleviate stress and concern for COVID-19.

The COVID-19 pandemic most likely has caused wide-spread mental health issues around the world.

However, online mindfulness intervention program might be able to fill the gap for improving the collective well-being of the population, particularly targeting those with symptoms of depression or anxiety.

A team, led by Suzan R. Farris, BA, Wake Forest School of Medicine, assessed the impact of online mindfulness on psychological distress, altruistic efforts, and the quantity, quality, and availability of online mindfulness resources during the COVID-19 pandemic.



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Space Tech



Jul 17, 2020

6 Technologies NASA is Advancing to Send Humans to Mars

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Mars is an obvious source of inspiration for science fiction stories. It is familiar and well-studied, yet different and far enough away to compel otherworldly adventures. NASA has its sights on the Red Planet for many of the same reasons.

Robots, including the Perseverance rover launching soon to Mars, teach us about what it's like on the surface. That intel helps inform future human missions to the Red Planet. We'll also need to outfit spacecraft and astronauts with technologies to get them there, explore the surface, and safely return them home. The roundtrip mission, including time in transit – from and back to Earth – and on the Martian surface, will take about two years.

Technology development has already begun to enable a crewed Mars mission as early as the 2030s. Many of the capabilities will be demonstrated at the Moon first, during the Artemis missions, while other systems are more uniquely suited for deeper space. Here are six technologies NASA is working on to make Mars science fiction a reality.