

# Review of: "A Case for Nature in Long-Haul Space Exploration"

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I really enjoyed reading this short communication and it makes interesting points on how to take advantage of natural elements during long-duration space-flights. I would suggest improving the ms also by mentioning the use of guided-imagery of natural scenarios during long-duration space-flights, which can have similar positive effects on human health and emotions, and it is a cost-effective approach. In addition, there is no mention of microrestorative experiences that can be appropriate during travelling. For example, I think the paper could describe a series of nature-based brief activities or breaks that are designed to help astronauts to restore their energy levels, reduce stress, and enhance their overall well-being. It can be as simple as taking a few deep breaths, stretching or engaging in a short nature-based meditation practice. This is to say that a nature-based approach can be implemented at different levels.