Insights from Panel & Activities: Digital Wellbeing in Space

February 6, 2026, Mountain View, CA

See full event guide here: 🗐 Mars Innovation Workshop 2025 Full Guide
See full session transcript here: 🗐 Session Transcripts: Mars Innovation Workshop
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Long Article (2107 words)

Designing Digital Wellbeing for Space: Lessons from the Mars Innovation Workshop

As humanity prepares for life beyond Earth, one overlooked challenge stands out:

How do we design digital experiences that support well-being in extreme environments like Mars?

At the 2025 Mars Innovation Workshop hosted by [Explore Mars](#), experts from the [Sync Digital Wellbeing Program at Ithra](#) joined space technologists, researchers, and innovators to explore this question. Workshop participants—who contributed their own insights, experiences, and questions to the session—came from a variety of backgrounds, including startups, nonprofits, academic research, public entities, investment, the arts, and the private sector.

Unlike Earth, where digital systems evolved reactively, Mars offers a unique opportunity to design digital life from the ground up—with well-being at the core. The discussion focused on how digital tools will shape the mental, social, and physical health of Mars settlers, and how these insights could also improve digital experiences here on Earth.

Defining Digital Wellbeing for a Mars Settlement

Digital well-being is about more than screen time and notifications—it's about fostering **balance, security, and healthy interactions with technology**. In space, where every interaction could impact [mental resilience, mission success, and survival itself](#), digital design becomes a critical element of human sustainability.

Experts from Sync presented insights from their global research on [digital habits and experiences](#), revealing widespread concerns about overuse, attention fragmentation, and work-life imbalance. Many of these problems stem from design choices, not inevitable

consequences of digital life. The question for Mars settlers, then, is how do we design a digital environment that avoids Earth's mistakes?

Digital well-being for a Mars settlement isn't necessarily about reducing screen time—it's about ensuring that **every digital interaction contributes to mission success, mental health, and community cohesion**. In deep-space environments, where [stress, isolation, and survival pressures are constant](#), technology must be designed as a tool for resilience, not distraction.

One of the biggest shifts compared to Earth is the **absence of real-time connectivity with Earth**. Unlike astronauts aboard the International Space Station, who can participate in live calls with Earth, Mars settlers will face [significant delays in communication](#)—from 5 to 22 minutes one way. This means that social media, news updates, and even crisis response will function differently. Workshop participants noted that without instant feedback loops, Mars residents will need entirely new strategies for maintaining social bonds, receiving emotional support, and engaging with digital content from Earth.

Additionally, mental well-being in space depends on **avoiding overstimulation while ensuring meaningful engagement**. Unlike Earth, where endless content and notifications create constant noise, a Mars settlement offers the chance to intentionally design digital systems that prioritize deep focus, collaborative problem-solving, and [mental](#) recovery. Participants discussed whether screen-free or mixed-reality interfaces could help Martians feel more connected to their environment, rather than being tethered to screens in an already enclosed, high-stress habitat.

Another critical question was **who controls the digital environment**. Do individuals have full autonomy over their digital spaces, or will AI and mission protocols dictate engagement? Some participants argued that well-being-first design should ensure that individuals retain agency over how they use technology. Others noted that certain mission-critical tasks might require automated monitoring for mental health and cognitive function. Finding the right balance between autonomy, safety, and digital responsibility will be key.

Ultimately, digital well-being on Mars must be a **proactive design feature**, not an afterthought. The choices made now—about AI oversight, social platforms, and digital work-life balance—could determine whether Mars settlers thrive in a supportive digital ecosystem or struggle with the same digital burnout that challenges people on Earth today.

The Challenges of Digital Life in Space

Mars settlers will experience a radically different digital reality—one where instant communication, endless content, and real-time interactions with Earth no longer exist. While this may reduce some of the [digital distractions](#) that overwhelm people on Earth, it also introduces new psychological and operational challenges that must be carefully managed.

One of the most profound shifts will be **the [psychological impact of delayed communication](#).** On Earth, we take for granted the ability to reach out for emotional support, ask for clarification, or collaborate in real time. Mars settlers will have no such luxury. Delays of up to 22 minutes

one way mean that conversations with loved ones or mission control will be fragmented, requiring entirely new approaches to maintaining social and emotional connections. Without careful design, asynchronous messaging could feel cold, impersonal, or even lead to feelings of abandonment. Participants discussed whether AI-generated messages simulating loved ones' responses could help bridge this emotional gap—or whether such an approach might create an even greater sense of artificiality and disconnection.

Another major challenge is **balancing digital engagement and cognitive overload.** In space, information is critical. Astronauts and Mars settlers will rely on data from AI, sensors, and mission updates to make life-or-death decisions. But how much is too much? On Earth, studies show that information overload leads to stress, decision fatigue, and decreased productivity—issues that could be even more dangerous on Mars, where misinterpretations or mental exhaustion could have severe consequences. Workshop participants raised concerns about whether astronauts should have full access to Earth's news cycle, considering that exposure to geopolitical crises, economic instability, or personal tragedies could create emotional distress at a time when focus and stability are paramount.

Additionally, digital interactions will likely need to be **engineered to prevent toxicity and group discord.** In a small, isolated community, a single negative interaction—whether online or offline—could significantly impact social cohesion and morale. Unlike on Earth, where digital conflicts can be compartmentalized from real life, a Mars settler cannot simply "log off" or "ghost" someone indefinitely. This led to a discussion on how social platforms and communication tools could be designed to encourage trust, constructive dialogue, and emotional intelligence. Could AI moderation prevent conflict escalation? Should there be structured social hours or digital town halls? The consensus was clear: digital spaces on Mars must be designed with intentionality, ensuring that they promote psychological safety and community well-being.

A final but critical concern is **digital security and autonomy.** On Mars, digital systems will control life-support functions, airlocks, navigation, and even medical diagnostics—raising the stakes for cybersecurity risks. Workshop participants explored how much autonomy settlers should have over these systems versus how much control should remain centralized. While strict cybersecurity protocols will be necessary to prevent hacking, data corruption, or malfunctions, there is also the risk that overly centralized control could lead to frustration, lack of trust, or even ethical concerns over digital governance. How do we ensure that individuals feel empowered in their digital environments while still maintaining safety and operational integrity?

As this discussion highlighted, digital life in space presents challenges far beyond managing screen time or notification fatigue. Mars offers a rare opportunity to **rethink digital interactions from the ground up**—ensuring that they support well-being, trust, and mission resilience rather than creating new stressors and risks.

Crucially, these challenges don't just apply to Mars—they're already emerging in Earth's most extreme environments, from Antarctic research stations to deep-sea expeditions. Understanding how digital design affects people in high-stress, isolated environments can provide valuable lessons for both space and Earth, starting today.

Building a Digital Future that Prioritizes Well-Being

While digital technologies have long been designed to maximize efficiency, engagement (including advertising revenue), and data collection, a Mars settlement provides the opportunity to flip the script—placing **well-being, intentionality, and human-centered design** at the forefront. Instead of retrofitting existing systems to mitigate harm, we have the chance to proactively design a digital ecosystem that enhances human flourishing in extreme environments.

One of the central ideas that emerged from the workshop was the importance of designing **digital tools that facilitate human connection rather than replace it**. In Earth's hyperconnected world, many people experience a paradox—being constantly online yet feeling increasingly isolated. Mars settlers will likely have the opposite challenge: physical isolation with far fewer digital distractions. The group discussed how digital interfaces could be designed to encourage rich, meaningful interactions rather than passive scrolling or transactional communication. Could AI assist in creating personalized, long-form asynchronous conversations with Earth, rather than just quick text-based exchanges? Could virtual reality or augmented reality enable immersive storytelling experiences, allowing settlers to "visit" Earth in emotionally fulfilling ways?

Additionally, there was a strong emphasis on ensuring a **balance between digital and analog life**. Because bandwidth and power on Mars will likely be limited (at least at the beginning of human habitation), digital engagement will need to be deliberate rather than constant. This could encourage a shift toward deeper, more mindful interactions rather than the rapid-fire, notification-driven digital behaviors common today. Workshop participants debated whether Mars should experiment with designated "offline hours," similar to screen-free policies in some schools and workplaces. Instead of creating an always-on culture, Mars could set a new standard for tech-life balance, ensuring that digital engagement enhances rather than dominates daily life.

Another key consideration is **transparency and user autonomy in digital decision-making**. One of the biggest frustrations many people experience with technology today is a lack of control over how platforms operate, from algorithm-driven content curation to invasive data collection. On Mars, digital systems could be designed to give users clear, understandable control over their settings, AI interactions, and data privacy. This extends to AI-powered well-being tools. If AI is monitoring stress levels, mental health, or fatigue, users should have full transparency into what data is being collected, how it's being used, and the ability to opt in or out.

Finally, the group emphasized that **digital governance** must be considered from day one. On Earth, governments and tech companies have struggled to regulate digital spaces effectively, often reacting to crises rather than proactively shaping digital environments. Mars offers a chance to do things differently. What guiding principles should be in place to ensure that digital spaces remain ethical, inclusive, and aligned with well-being-first values? Should governance be handled by a local Mars-based authority, an Earth-based regulatory body, or a decentralized system? These questions should be addressed early to prevent the mistakes of Earth's digital landscape from taking root in space.

The session concluded with a sense of urgency: the principles we apply to Mars' digital future should not be limited to space. If we can design digital tools and systems that support well-being in one of the most extreme environments imaginable, why not implement these ideas on Earth today? Whether through rethinking social media, AI-driven work environments, or digital governance, **the Mars experiment offers a blueprint for building a healthier, more intentional relationship with technology**—no matter where we call home.

What Can We Do Today?

This workshop session closed with a discussion on how today's technologists, researchers, and policymakers can integrate these well-being-first principles now, rather than waiting for Mars. Major ideas included suggestions to:

- **Redesign social media and workspaces** to encourage platforms to prioritize balance and trust over engagement and profit-driven addiction.
- **Develop AI-driven well-being tools** by creating systems that support mental and physical health without overstepping privacy boundaries.
- **Test digital design principles and governance in extreme Earth environments**. By applying these ideas in remote research stations, deep-sea missions, and isolated communities on Earth before implementing them in space, we have the chance to learn more about the lived experience and carry out design-build-test-learn cycles for new approaches.
- **Encourage industry responsibility** by holding t**ech companies and regulators** for how tech design impacts human well-being. Mars is an opportunity to start fresh—but Earth doesn't have to wait.

As the conversation wrapped up, one thing became clear: **solving digital well-being for Mars isn't just about space—it's about fixing what's broken in today's digital world.**

If we can build digital ecosystems that enhance mental health, social trust, and personal autonomy in the harshest environment imaginable, we can apply those same principles to create healthier, more human-centered digital spaces right here on Earth. Be sure to check out the Sync Program's extensive research in this area.

How can you help?

Whether you're an investor, entrepreneur, researcher, policymaker, or simply someone who believes in a positive future for humanity, there's a role for you in shaping the future of technology and innovation for space and Mars. Here are some steps you can take:

- Join the [Explore Mars](#) community to connect with innovators tackling the biggest challenges of interplanetary and Earth-based sustainability.
- Become a [sponsor or donor](#) to support Explore Mars programs that drive collaboration, research, and real-world impact.
- In your local community and your industry, advocate for policies that accelerate space commercialization and ensure that technology benefits all of humanity.

And most importantly, stay engaged. The technologies we develop for Mars won't just shape the future of space exploration—they'll determine how we solve some of Earth's greatest challenges. Are you ready to be part of the solution?

Medium-Form Article (1493 words)

Designing Digital Wellbeing for Space: Lessons from the Mars Innovation Workshop

As we prepare for a sustainable human presence on Mars, we have a rare opportunity: to **design digital experiences from the ground up with well-being in mind**. Unlike on Earth—where digital systems evolved reactively, often prioritizing engagement and profit over mental health—a Mars settlement requires a proactive approach to technology that fosters [resilience, trust, and balance](#).

At the **2025 Mars Innovation Workshop** hosted by [Explore Mars](#), experts from the [Sync Digital Wellbeing Program at Ithra](#), alongside space technologists, researchers, and innovators, explored how digital tools will shape the mental, social, and physical health of Mars settlers. Workshop participants—who contributed their own insights, experiences, and questions to the session—came from a variety of backgrounds, including startups, nonprofits, academic research, public entities, investment, the arts, and the private sector. Their diverse perspectives not only provide a vision for space but also offer valuable lessons for improving digital ecosystems on Earth today. The conversation was particularly enriched by [Sync's global research into digital wellbeing on Earth](#).

The Challenges of Digital Life in Space

Mars settlers will experience a radically different digital reality—one where instant communication, endless content, and real-time interactions with Earth no longer exist. The 22-minute delay in communications means that **maintaining relationships, structuring work, and responding to crises** must be entirely reimagined. Without the ability to receive immediate feedback or reassurance, settlers will need new ways to stay emotionally connected to loved ones and Earth-based teams. Some workshop participants speculated that AI-generated responses mimicking human conversation might help bridge this gap, while others worried that such interactions could feel artificial and impersonal.

The way settlers **interact with information** will also need to be reconsidered. While Mars residents will rely heavily on AI-driven data streams for decision-making, too much information can be overwhelming. Finding the right balance will be crucial, ensuring that settlers receive the right data at the right time without being overloaded with constant updates. Some workshop attendees debated whether settlers should have full access to Earth's news cycle, particularly considering that exposure to geopolitical crises, economic instability, or personal tragedies from afar could create unnecessary emotional distress at a time when focus and mental resilience are paramount.

Beyond information management, participants also explored the risks of digital conflict in an isolated setting. On Earth, digital disagreements can often be escaped by logging off or walking away. On Mars, a small, interdependent community will not have that luxury. A single negative online interaction could have a lasting impact on morale, potentially leading to rifts in a team where collaboration is essential for survival. To mitigate this, digital platforms in a Mars settlement must be designed with built-in safeguards to **foster trust, encourage constructive conversations, and prevent toxicity**. Some suggested AI-assisted moderation or structured digital town halls as potential ways to maintain harmony in small, enclosed societies.

Cybersecurity and digital autonomy also emerged as pressing concerns. On Mars, digital systems will control essential functions such as life support, airlocks, navigation, and medical diagnostics. A cyberattack or system failure could be catastrophic. This raised critical questions about who should control these systems. Should individuals have full autonomy over digital tools, or should they be centrally managed for safety? While strict cybersecurity protocols will be necessary to prevent hacking or malfunction, an overly centralized system could create frustration or erode trust within the settlement. The challenge will be **ensuring both operational security and personal agency in digital interactions**.

Mars is not just a digital challenge—it is a stress test for creating healthy, high-trust digital environments that don't replicate the same mistakes seen on Earth.

Building a Digital Future That Prioritizes Well-Being

Instead of adapting Earth's digital systems to Mars, this is an opportunity to **reimagine technology with human well-being as the starting point**. Workshop participants emphasized that digital tools should empower people rather than control them. AI systems should serve as

assistants rather than overseers, enhancing human decision-making while respecting individual autonomy.

A key takeaway from the discussion was the need for **technology that strengthens social bonds instead of replacing them**. Today, people on Earth experience a paradox: they are more connected than ever, yet many feel [increasingly isolated](). On Mars, the situation will be different. Physical isolation will be a reality, but without an overabundance of [digital distractions](), there is an opportunity to design interactions that are more meaningful. Participants explored whether AI-driven asynchronous communication could foster deeper, more engaging conversations rather than just quick exchanges. Others suggested that immersive storytelling tools, such as [virtual reality]() experiences, could help settlers feel connected to Earth (and to each other) in ways beyond simple video messages.

Beyond social connection, **balance between digital and analog life** will be essential. Because bandwidth and power on Mars will likely be limited (particularly in the early days), digital engagement will need to be deliberate rather than constant. Instead of an "always-on" culture, Mars could set a new standard for tech-life balance, where screen-free hours or designated downtime become the norm rather than the exception. Workshop participants debated whether Mars should implement policies that limit notifications, encourage offline interactions, or promote natural work-rest rhythms based on mission cycles rather than 24/7 digital connectivity.

Transparency in digital governance was also identified as a foundational need. Many of today's frustrations with digital technology stem from a lack of user control, whether it be algorithm-driven content feeds, invasive data collection, or opaque decision-making by AI systems. On Mars, digital governance could be designed differently from the start. Settlers could have clear control over their AI interactions, data privacy settings, and digital work environments. This also applies to [AI-driven well-being monitoring](). If AI is being used to track stress levels, fatigue, or cognitive performance, users must have full visibility into what data is being collected and the ability to opt in or out.

Governance itself must be considered early. Unlike Earth, where tech regulations tend to be reactive, Mars provides a blank slate to design **ethical, inclusive, and sustainable digital policies from day one**. Who will set the rules for digital spaces on Mars? Will governance be handled by a local settlement authority, an Earth-based oversight body, or a decentralized system? Answering these questions before digital problems arise could prevent many of the challenges currently facing inhabitants of Earth.

The session concluded with a strong sense of urgency: the principles that apply to Mars' digital future should not be limited to space. If we can design digital tools and systems that support well-being in one of the most extreme environments imaginable, **why not implement these ideas on Earth today?** Rethinking how we approach social media, AI-driven workplaces, and digital governance on Earth could create a healthier, more intentional relationship with technology for everyone.

Taking Action Today

The session left workshop participants with a challenge: **how can these insights be applied right now?** Some of the most promising next steps include rethinking how social media and workspaces function to prioritize trust, balance, and well-being over engagement-driven addiction. AI-driven well-being tools could be developed with privacy and user control at their core, ensuring that technology remains a tool for support rather than surveillance. Testing digital governance models in extreme Earth environments—such as Antarctic research stations or remote work communities—could provide valuable insights before deploying these systems in space. And finally, there is an urgent need to encourage the tech industry and regulators to take responsibility for creating **digital ecosystems that enhance human connection and productivity** rather than undermine them.

As the conversation wrapped up, one thing became clear: solving digital well-being for Mars isn't just about space—it's about fixing what's broken in today's digital world. If we can build digital systems that support mental health, social trust, and autonomy in the harshest environment imaginable, we can apply those same principles here on Earth. The challenge now is whether we are ready to take action. Be sure to check out the [Sync Program's extensive research](#) in this area.

The future of digital life on Mars is the future of digital life everywhere. If we design it with intention, we can reshape how digital systems serve humanity—starting today.

How can you help?

Whether you're an investor, entrepreneur, researcher, policymaker, or simply someone who believes in a positive future for humanity, there's a role for you in shaping the future of technology and innovation for space and Mars. Here are some steps you can take:

- Join the [Explore Mars](#) community to connect with innovators tackling the biggest challenges of interplanetary and Earth-based sustainability.
- Become a [sponsor or donor](#) to support Explore Mars programs that drive collaboration, research, and real-world impact.
- In your local community and your industry, advocate for policies that accelerate space commercialization and ensure that technology benefits all of humanity.

And most importantly, stay engaged. The technologies we develop for Mars won't just shape the future of space exploration—they'll determine how we solve some of Earth's greatest challenges. Are you ready to be part of the solution?

Social Media Post (point to long or medium article)

🚀 **Designing Digital Wellbeing for Mars—And Earth** 🌍🔴

At the first Mars Innovation Workshop hosted by Explore Mars, we tackled a challenge that's rarely discussed: **how do we design digital experiences that foster well-being in extreme**

environments like Mars? With no real-time communication, limited bandwidth, and high-stakes decision-making, Mars settlers won't have the luxury of endless notifications or instant connections. Instead, they'll need tech that prioritizes resilience, trust, and balance.

Experts from the Sync Digital Wellbeing Program at Ithra, alongside space technologists, researchers, and innovators, explored how to rethink digital spaces from the ground up. The big takeaway? **If we can design digital systems that support human well-being in space, we can fix what's broken here on Earth.**

Read a more in-depth discussion at the link in the comments URL TO LONG-FORM OR MEDIUM-FORM ARTICLE.

Key insights from our discussion included:

- Connection over distraction – Digital tools should foster real relationships, not just keep us scrolling.
- Less noise, more intention – In a Mars settlement, every digital interaction must serve a purpose. What if we applied that mindset here on Earth?
- AI as a support system – AI should empower us, not control us, helping humans make informed choices without invading privacy.
- Governance from the start – Mars offers a rare chance to design ethical, inclusive digital policies before problems arise.

The future of digital life on Mars is the future of digital life everywhere. If we design it right, we can reshape how digital systems serve humanity—starting today.

Want to be part of this movement? Join the Explore Mars community, become a sponsor, or donate to help us accelerate space innovation that benefits everyone. And be sure to check out Sync's global research into digital wellbeing (link in the comments).

Don't forget to join us for the Humans to Moon and Mars Summit in Washington, DC on May 28-29, 2025! The registration link is in the comments.

Join us at Explore Mars and Sync as we build this future together! 🚀

Summary & Key Insights

Summary of the Digital Wellbeing in Space Panel and Workshop Discussion

The **Digital Wellbeing in Space** session explored the unique challenges and opportunities of designing digital experiences that foster wellbeing for future Mars settlers. Experts from **Sync Digital Wellbeing Program** at Ithra shared insights from their global research on digital habits, highlighting key themes around technology's impact on mental health, work-life balance, and

social connectivity. The conversation focused on how designing for digital wellbeing in space could also create healthier digital ecosystems on Earth.

Defining Digital Wellbeing

The session opened with a discussion on what digital wellbeing means in a space context. Participants emphasized that **balance, security, and healthy relationships with technology** are fundamental, and digital wellbeing must encompass multiple domains—mental, physical, social, and environmental. Researchers noted that technology has reshaped human behavior rapidly, and while digital tools provide many benefits, they also introduce significant challenges, such as **attention fragmentation, sleep disruption, and addictive design patterns.**

Key Insights from Research on Digital Habits

Sync's global research revealed **widespread concerns** about technology overuse, particularly in areas like **social media, gaming, and workplace connectivity.** The panelists shared data showing that:

- **79% of people check their phones within 15 minutes of waking up.**
- Many struggle to disconnect, particularly in professional settings, where constant connectivity is expected.
- Younger generations, particularly Gen Z and Gen Alpha, feel technology's impact on both academic and professional life.
  However, perspectives are evolving. A shift in recent surveys suggests that many now **see gaming and digital tools as a source of real-world skill development and social connection** rather than isolation.

Designing for Wellbeing in Space

The panel emphasized that Mars presents a **unique opportunity to redesign digital experiences from the ground up.** Unlike on Earth, where digital systems have evolved reactively, a Mars settlement could establish **proactive design principles** to shape digital life with well-being at the core. Participants explored:

- **Managing isolation and mental health**—How can digital tools enhance **human connection in a physically distant society?**
- **Resource-conscious tech**—With **limited power and bandwidth**, how do we prioritize valuable interactions over distraction-based engagement?
- **Avoiding Earth's mistakes**—How can we ensure **AI, social media, and digital work environments promote productivity and well-being** rather than exploitation and addiction?

Human vs. AI: Who's in Control?

A lively discussion emerged around **AI-driven monitoring of mental and physical health.** While AI could detect early signs of stress, anxiety, or burnout—potentially preventing crises—many participants raised concerns about **privacy, surveillance, and autonomy.**

- Should AI **passively** monitor well-being and only intervene when necessary?
- Can systems be **opt-in** rather than default surveillance?
- How do we **avoid over-reliance on automation** and ensure people remain in control of their digital environments?

Lessons from Earth's Extreme Environments

Several participants drew **parallels between Mars and remote environments on Earth,** such as **Antarctica and deep-sea expeditions.** These settings already demonstrate the challenges of limited connectivity, information overload, and social isolation.

- Previous Antarctic expeditions operated with **minimal digital connection**, while modern teams have access to **real-time video calls and social media.** This shift has fundamentally changed how people experience isolation.
- The Mars settlement experience could be **closer to early Antarctic missions**, where digital communication is **delayed and limited**, forcing people to develop different social coping mechanisms.

Key Challenges Identified for Mars

During the small-group discussions, participants brainstormed **potential digital challenges for Mars settlers**, including:

- **No real-time conversations**—Delays in communication with Earth make **live social interactions impossible.**
- **Hate speech & negative social dynamics**—In a small, isolated environment, **one toxic individual could have an outsized impact on the whole group.**
- **Information overload vs. necessary updates**—Balancing **critical mission data** with **mental well-being** to avoid stress and anxiety.
- **Cybersecurity & survival risks**—On Mars, a **hacked airlock or malfunctioning system** could be fatal, making digital security a life-or-death issue.
- **Loss of fine motor skills**—Over-reliance on digital interfaces could lead to a decline in **physical dexterity and problem-solving skills.**
- **Surveillance & privacy concerns**—How much should individuals **sacrifice personal privacy** for collective well-being?

Envisioning a Wellbeing-First Digital Future

After identifying these challenges, participants engaged in a **Mad Libs-style exercise** to articulate their vision for a **thriving digital future on Mars.** They proposed principles such as:

- **AI should empower, not control**—Digital assistants should **support human autonomy rather than dictate behavior.**
- **Technology must unite, not divide**—Design should prioritize **collaboration, trust, and meaningful engagement** rather than addiction and profit.
- **Prioritize analog & offline time**—Ensure **on-off switches** for digital engagement, allowing people to disconnect when needed.
- **Transparent AI & cybersecurity**—Digital tools should be **explainable and accountable**, with safeguards against **manipulative design.**
- **Informed consent in data collection**—Users must **opt-in** to any well-being tracking rather than default to surveillance.

Final Takeaways: What Can We Do Now?

The session concluded with a discussion on how today's digital experience designers, technologists, and policymakers can **start integrating well-being-first principles now,** rather than waiting for Mars.

- **Redesign social media & digital workspaces** to **encourage balance, limit manipulative design, and foster positive interactions.**
- **Develop AI-driven well-being tools** that enhance human health while maintaining **privacy and consent.**
- **Test digital governance models** in **remote and extreme Earth environments** before implementing them in space.
- **Encourage industry responsibility**—Companies should prioritize **value-driven digital engagement over maximizing attention.**

Ultimately, the conversation made it clear that **solving for digital well-being in space isn't just about Mars—it's about reshaping digital life on Earth, too.** If we can design better digital experiences for an extreme environment like Mars, we can apply those same principles to **create healthier, more human-centered technology here and now.**