of the immune system. Beta-Blockers reduce the activity of the sympathetic nervous system and reduce the associated undesirable symptoms. Beta-Blockers are often used by sportsmen to reduce arousal because ANS arousal may have a negative effect on performance.

In conclusion, stress management is not an easy task – there is no definitive ‘cure’ for stress. Stress is a fundamental part of human existence; the physiological response is a product of evolution to help humans survive dangerous situations, whereas the psychological aspect may be an unavoidable aspect of our sapience. But perhaps ‘stress’ is simply a collection of symptoms resulting from a long term exposure to a more primitive emotion – fear. An interesting article [Robert Maurer, Clinical Psychologist - Menshealth.com 2012] highlights the fact that people see stress as an affliction, as opposed to an inevitable aspect to being alive. An analogy is that a deer accepts its fear and runs from the lion, yet a man will obsess about why it happened.