

**Table 1:** Proposed clinical approaches for stress management.

<b>Proposed Clinical Approaches</b>	
<b>Mechanism</b>	<b>Clinical Benefits</b>
Inhibition of SNS Inhibition of AngII	Treatment of heart failure
Modulation of inhibition/activation of neurohormones	Development of new and effective treatments for heart diseases
Blockade of ADR $\beta$ 1	Improvement of left ventricular function Reducing the sudden deaths
Inhibition of ACE Blockade of AT-1R Inhibition of Renin Blockade of mineralocorticoid receptors	Preventing of cardiovascular diseases
Inhibition of ET-1	Preventing of hypertension, pulmonary hypertension, chronic heart failure and chronic kidney failure
ET-1 antagonists (Potential anti-arrhythmic agents)	Treatment of hypertension, pulmonary hypertension, chronic heart failure and chronic kidney failure Preventing of the development of vascular and myocardial hypertrophy in hypertension
ET-A receptor antagonists	Inhibition of hemodynamic and proliferative effects of AngII

SNS: sympathetic nerve system, AngII: angiotensin II, ADR $\beta$ 1: beta1-adrenergic receptors, ACE: angiotensin converting enzyme, AT1-R: AngII type 1 receptor, ET-1: endothelin-1, ET-A: endothelin-1 receptor A.