Stress and Control Techniques for Cave Divers Activity

What's Stress? Which implication does it have for an activity that take place in an hostile environment with life support equipment to manage? Can we control it? How could we manage it?

This work give an indication in order to provide an answer to this questions; it analyzes the behavior of the man during the dive in confined space and suggests some methods to improve the sensorial perception and performances during that activity where the Stress is a fundamental parameter.

The following arguments are analyzed: Developing Stress Causes in a cave diver; Effects of the Stress, The spiral Stress/Panic. Also are discussed: Technique to prevent manage and control of Stress, Personal capability improvement, Training, Concentration and control of the mind, Control of breathing, Positive visualization, Psychological self training methods, Perceptive capability improvement.

The following paper is a summary of a largest work that can be request to the author.