**Unit 9 Assignment: Final Project**

[Author Name(s), First M. Last, Omit Titles and Degrees]

Purdue University Global

HW410 Stress-Critical Issues in Management and Prevention

Professor’s Name

Month Day Year

**Unit 9 Assignment: Final Project**

[The body of your paper uses a half-inch first line indent and is double-spaced. APA style provides for up to five heading levels, shown in the paragraphs that follow. Note that the word Introduction should not be used as an initial heading, as it’s assumed that your paper begins with an introduction.]

# Explained Stressors

Paragraph starts here. (Last Name, Year)

## Stressor Importance

Paragraph starts here. (Last Name, Year)

Program Descriptions

Paragraph starts here. (Last Name, Year)

Program Implementation

Paragraph starts here. (Last Name, Year)

Program Obstacles

Paragraph starts here. (Last Name, Year)

Health Professionals

Paragraph starts here. (Last Name, Year)

Program Measurements

Paragraph starts here. (Last Name, Year)

Summary

Paragraph starts here.

**References**

Seaward, B. (2018). *Managing stress: Principles and strategies for health and well-being* (9th ed.). Jones & Bartlett Learning.

Stahl, B., & Goldstein, E. (2019). *A mindfulness-based stress reduction workbook* (2nd ed.). New Harbinger Publications.

Last Name, F. M. (Year). Article Title. *Journal Title*, Pages From - To.

Last Name, F. M. (Year). *Book Title.* City Name: Publisher Name.