Stress Psychology Final Paper Instructions:

Frank Taylor's automobile dealership has a number of high-achieving salespeople who could be described as extreme Type A personalities. Unfortunately, several of them are experiencing stress-related physical problems such as hypertension, high cholesterol, and migraine headaches. You have been hired to develop a stress reduction program incorporating both relaxation techniques and physical exercises that can be utilized by individuals and in group sessions several days a week at work. Describe specifics of a program that incorporates techniques of proven efficacy in dealing with extreme Type A personality behaviors.

**General paper instructions:**

1. Papers must be written using the current *APA Publication Manual*.
2. Papers must be **five to seven typed double-spaced pages (including title and reference page)**
3. Papers must include a minimum of **five relevant resources**, appropriately cited.

In addition, and a general assumption:

4. Papers are to include an introduction and conclusion.

5. The body of your paper should contain some background information on Type A behavior, general aims of a program that may help Frank's group, what the group would focus on e.g., various meditation exercises every week--as we did the course, and what your would hope that Frank's employees would achieve by being part of your group.