# **EASY2CARE MIND MAP**

SOL4CE

## **Evidence Base**

Easy2Care utilizes evidence based research including the review of meta-analysis, quantitative & qualitative data.

# **Population**

Easy2Care's current focus is to support employees including those on the frontlines like in healthcare & schools

## Goals

The Easy2Care program aims to help individuals improve their overall health and wellbeing.

#### Resources

Online course, community forum, workbooks, coaching, resource documents

## Literature Review

Neurobiology & effects of trauma, social determinants of health, addiction, etc. Health promotion with lifestyle medicine: sleep, mindfulness, movement, nutrition, strengths & values,

### Trauma-Informed

Trauma-informed care is defined as practices that promote a culture of safety, empowerment, and healing.

# Lifestyle Medicine

Lifestyle medicine uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions & promote healthy living.

## Dissemination

Currently available as an online course for individuals & being promoted to organizations as staff trainings