



SCOPE AND SEQUENCE

Foundational Wellness Basics & Reboot



EASY2CARE: 12-MODULE PROGRAM

Immersive and comprehensive program that delves deeply into the foundational elements of emotional, social, behavioral, and physical health. Through engaging online modules and cohort experiences, we cultivate confidence and foster a sense of shared humanity. Our program embraces kindness as we collectively explore these facets, ensuring a transformative and experiential journey.

Reconnect & Stabilize Personal Foundation

MODULE #1: INTRODUCTION

Easy2Care by SOL4CE is a comprehensive, trauma-informed program aimed to help individuals improve their overall health and wellbeing. As such, Module 1 prepares participants for the potential challenges of the course. We encourage participants to identify a trusted friend, family member or colleague to support them while they go through the program. This prepares them in case emotions or thoughts arise requiring additional support. These measures provide them with trusted assistance in addition to their health coach.

MODULE #3: SOCIAL DETERMINANTS OF HEALTH

Module 3 of Easy2Care increases awareness about the impact that social, economic, and environmental factors have on an individual's health and well-being. The module recognizes that these factors can result in health disparities and inequities and highlights the importance of considering them when promoting health and well-being. The objective of this module is to help individuals identify and define the Social Determinants of Health in their own health and explore mindful practices in these areas.

MODULE #2: TITANIC FRAMEWORK

Module 2 of Easy2Care centers on helping individuals build resilience and manage stress. The framework consists of six stages of self-care, which include stress management and practices for taking care of oneself. The self-assessment component of the framework aims to help individuals identify their current level of stress and how they practice self-care. The role of self-care in service is also highlighted, emphasizing the importance of Self-Care before Service.

MODULE #4: INTERNAL COMPASS

Easy2Care Module 4 focuses on the concept of an "Internal Compass" and is designed to help individuals access and understand their own unique set of values and strengths. This module encourages individuals to explore how their experiences, beliefs, and culture impact their health and well-being. The objective of this module is to help individuals determine behaviors that align with their values, allowing them to live in a way that is consistent with their core beliefs and principles.

Internal Armory

MODULE #5: TEETER-TOTTER WITH LIONS

Module 5 of Easy2Care focuses on trauma informed care and managing stress through a trauma informed lens. The goals include providing individual's a new perspective and understanding of what it means to be stressed, and to recognize the stressors present in their lives. The module provides practical skills and strategies for managing stress, including the use of "five weapons" to battle the "modern lions" or stressors in their lives.

MODULE #6: ADDICTION

Easy2Care Module 6 discusses various types of addictive behaviors and aims to help individuals identify common areas of addiction in their daily lives and understand the connection between early life experiences and addiction. Addiction is more of an "us" problem than a "them" problem. The module provides information on the impact of addiction on health and well-being and highlights the importance of addressing addiction as a public health issue. This helps individuals understand the factors that contribute to addiction and to provide strategies for supporting oneself, including exploring one major strategy for addressing addiction.



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Internal Armory (cont.)

MODULE #7: MAKING SENSE OF IT ALL

Module 7 of Easy2Care provides individuals with practical strategies for calming intense emotions or managing pain. This involves learning about the role of interoception, or the sense of internal bodily sensations, in regulating emotions, understanding the relationship between the senses and emotions, and exploring skills for managing intense emotions or pain, such as mindfulness, deep breathing, and anchoring activities. It encourages individuals to develop a greater awareness of their own sensory experiences and to use these experiences to promote overall health and well-being.

MODULE #8: MEDICINE CABINET IN THE BODY

Easy2Care Module 8 focuses on the “medicine cabinet in the body,” which refers to the powerful chemicals in our bodies that can help to manage pain, stress, and other uncomfortable feelings. The module aims to help individuals learn about the four key chemicals – dopamine, oxytocin, serotonin, and endorphins – and how they can be harnessed to promote health and well-being. The objective of this module is to provide individuals with four strategies for increasing the release of these chemicals and to understand the role of physical activity on our internal chemistry.

Additional Skills & Supports

MODULE #9: CATCHING SOME Zzzz

Module 9 of Easy2Care addresses sleep, “Catching Some Zzzz,” and aims to help individuals evaluate their sleep quality, identify factors that influence sleep quality, and develop a plan to improve both sleep quality and quantity. It provides individuals with practical strategies for improving sleep and to help develop a deeper understanding of the factors that influence sleep quality. This involves learning about the impact of lifestyle factors on sleep, exploring evidence-based practices for improving sleep quality, and developing a personalized sleep plan to meet individual needs.

MODULE #10: FUELING OUR BODIES

Module 10 Easy2Care helps individuals understand how to effectively fuel their bodies through a healthy diet of nutrient-dense foods. The module covers the topic of how food affects both the brain and gut, and explores the idea that sugar may be the world’s most popular drug. The objective of this module is to provide individuals with practical strategies for improving their diet and hydration habits, and to help individuals develop a deeper understanding of the impact of food on overall health.

MODULE #11: HANDFUL OF HEALTH

Easy2Care Module 11 covers various health behaviors in reducing stress and promoting overall well-being. It relates all the pillars of lifestyle medicine that impact stress and aims to encourage the integration of two healthy behaviors into their daily routines. This involves learning about the relationship between various health behaviors and stress, exploring evidence-based practices for promoting healthy behaviors, and developing a personalized strategy for integrating healthy behaviors into daily routines.

MODULE #12: THE CAPSTONE

Easy2Care Module 12 is the Capstone. Individuals are encouraged to identify one behavior that they want to work on to increase the vitality of their life, and to break it down into three achievable and realistic steps. This module provides a summary of the behavioral skills learned, acknowledges that changes can be challenging and that it is normal for some changes to take time, and skills to continue their journey towards improved health and well-being.



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SOL4CE (SOLACE)

/ˈsɒlɪs/ , (sɒl'is)

- 1. comfort in sorrow or misfortune.
- 2. a source of comfort.

SOL4CE (SOUL-FORCE)

/soʊl/ , (sōl) /fɔrs/

SOL4CE is spiritual energy, emanating from within, but manifesting in extreme changes.

About SOL4CE and the EASY2CARE Wellness Curriculum Team

As an organizational leader, you have seen the adverse effects of a workforce battered by storms – more sick days taken, retention issues, increased interpersonal conflicts and decreased productivity. However, simply instructing your staff to practice self-care is not a comprehensive solution.

At SOL4CE, our tailored programs empower individuals to prioritize their well-being. We provide the nourishment needed for resilient foundations, inspired by aspen grove roots. Through healing, endurance, and meaningful connections, participants navigate challenges, emerging stronger and united. Join us for a transformative journey, embracing the strength of aspen groves.

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