What are Self-Tracking Mentors?

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Self-Tracking Mentors are trusted members of the community that have made a commitment to give of their time to promote self-tracking and show other members of their community how to use self-tracking tools.

The follow 3 qualities are essential for Self-Tracking Mentors:

1. They must have shown that they are trustworthy members of the community.
2. They must have a sound understanding of how to use self-tracking tools.
3. They must have the ability to explain how to use self-tracking tools to people that are unfamiliar with the process.

Self-Tracking Mentors preform the following 3 tasks:

1. Self-Tracking Mentors provide people with the tools they need in order to engage in self-tracking. Here are some examples of this:
    a. If someone was interested in self-tracking the Mentor would be able to provide them with the materials and resources they need.
    b. The Mentor should be able to provide people with new resources as needed, for example, if a person had completed a self-tracking worksheet and wanted to continue self-tracking the Mentor should provide them with a new worksheet.
    c. Mentors should be able to help people identify self-tracking resources that are good fit for them.
2. Self-Tracking Mentors show people that are unfamiliar with the process how to use self-tracking tools.
3. Self-Tracking Mentors help people who are familiar with self-tracking tools to improve how skilfully they use them. For example, suggesting to them to consider progressing on the wellbeing self-tracking tools when they are doing well and stable in their recovery.

It might also be worth considering putting up a poster identifying who the Self-Tracking Mentors are in the community, how to contact them, and what they can help people with.

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