How to run an educational group on self-tracking for wellbeing and recovery.

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At the start of the group it is helpful to be clear about the purpose of the group and group boundaries. For example, you could state the boundaries as follows:

1. Respect the facilitator, for example, follow their instructions and listen carefully when they are speaking.
2. Respect each other, for example, don't talk over each other during the group.

After introducing the group's purpose and boundaries, the rest of the session can be spent explaining how to use the self-tracking tools. You may wish to use a workbook for this.

Here are some steps you can follow:

1. Give everyone a copy of the Self-Tracking Workbook.
2. Go through the steps outlined in the workbook for using the self-tracking tools.
3. Read and discuss the tips in the workbook for using self-tracking tools.
4. Introduce an appropriate selection of self-tracking tools to the group.
5. Invite each person to pick a tool they think might be a good fit for them.
6. Invite each person to complete their first reading and chart the score on the self-tracking tool. Be available to help anyone that has questions about how to do this.
7. Invite people to share what this experience was like for them.
8. Invite people to share a practical, simple step they plan to take over the coming week to improve their score. Sharing is optional, and people should only share what they feel comfortable with.
9. Finish the session on a positive note. Thank everyone for attending. Offer follow on support, for example, letting them know if they what further guidance about how to use self-tracking tools that you are available.

Running a self-tracking educational group is not hard to do. A Self-Tracking Mentor may wish to facilitate it.

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