

# DRAGON CAFÉ IN THE CITY

Virtual DCC comes to you, right where you are

**Wednesday 14 October**

**12:30 - 14:00/ Storytelling.** Telling stories gives us a space to connect with others and to reflect and understand our own experience. Join Dan or Jane from Narativ to feel the power of listening and telling. Everybody has a story. What's yours?

[Click here to register and join](http://bit.ly/storytelling-14oct), or copy and paste this link: <http://bit.ly/storytelling-14oct>

**14:30 - 15:30/ Dealing with Uncertainty.** During these difficult times there is uncertainty all around. While you cannot influence the level of uncertainty, you can change how you feel about it. Learning how to engage the rational brain will reduce stress. Mindset, staying positive and focused, also brings control back to you, whilst managing ambiguity is a skill you can cultivate. Alison will teach you strategies to boost your ability to handle uncertainty and feel more in control

[Click here to register and join](http://bit.ly/uncertainty-14oct), or copy and paste this link: <http://bit.ly/uncertainty-14oct>

**16:00 - 17:00/ What is Mindfulness.** Mindfulness is about being 'in the present moment' and becoming more aware of our thoughts, feelings and sensations. It allows us to experience these thoughts and sensations without reacting to them in an instinctive and habitual way. Lynsey is with us to introduce us to this method that can help us respond to situations and problems differently

[Click here to register and join](http://bit.ly/mindfulness-14oct), or copy and paste this link: <http://bit.ly/mindfulness-14oct>

**18:30 - 19:30/ Yoga for Mental Health.** Gentle Mind-body yoga to promote good mental health, with Elle from Balance Garden. Get your mat out and breathe deep

[Click here to register and join](http://bit.ly/yoga-14oct), or copy and paste this link: <http://bit.ly/yoga-14oct>

**Anytime/ Personal Placards Guide.** In a world which can feel disempowering, this art guide deals with voicing personal thoughts, reflections, statements or even 'affirmations'. Using materials easily found in the house, or cheaply purchased, this guide from Li runs through the possibilities of placard making

[Click here to read the guide](http://bit.ly/placards-14oct), or copy and paste this link: <http://bit.ly/placards-14oct>

**Anytime/ Good Moves.** Watch this recorded session from Ian Grant our Chess Specialist about the Larsen vs Spassky (Belgrade, 1970) game, and enjoy your own game at home

[Click here to watch](https://vimeo.com/465400363), or copy and paste this link: <https://vimeo.com/465400363>



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