BREATHVORK TECHNIOUES



AN 11:11 WEEK 2023 RESOURCE THE YEAR OF MINDFULNESS

Introduction to Breathwork

Breath.

It's something we all need to survive. It comes naturally to us humans – an automatic function of the body. But, have you ever really thought about your breath? Have you ever focused on it and harnessed it in order to increase relaxation, performance, or focus?

If this concept is new to you – hi, welcome aboard the journey that is breathwork. All of the tools you need are already within you.

Breathwork is in our nature.

One can practice different breathing techniques that are suited for different practices, activities and brain functions. We've created this helpful resource to break down 4 different breathing techniques and their functions.

DIAPHRAGMATIC BREATH

THE BOX BREATH

4-7-8 BREATHING

5.5 BREATHING

LET'S GET INTO IT

The Box Breath

FOR STRESS MANAGEMENT

Box Breathing is a simple stress management tool that can be practiced any time you need a second (or 16 to be exact) to be present and reconnect with yourself.

According to the Mayo Clinic, there's sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system (ANS). This system regulates involuntary body functions such as temperature, and can lower blood pressure, providing an almost immediate sense of calm.

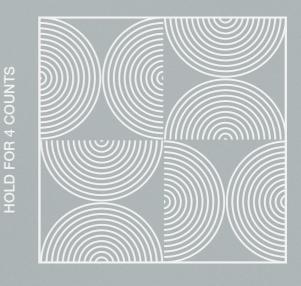
Holding your breath in between the inhale and exhale allows CO2 to build up in the blood, increasing the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body, making this technique perfect in moments where you need to refocus your mind or reduce stress, like before a meeting or on a break during a full day.

Start by getting into a comfortable seated position. Begin by inhaling through the nose for 4 counts, then holding for 4 more counts. Exhale through your mouth for 4 counts and hold at the bottom of your breath for 4 more counts. Repeat this method until you feel your stress begin to melt away and your focus begins to resurface.

Getting Visual

Need a visual? Picture a box shape. As you begin your breathing practice, follow along the edge of the box in your mind with each inhale, hold, and exhale.

INHALE FOR 4 COUNTS



EXHALE FOR 4 COUNTS

HOLD FOR 4 COUNTS

The Diaphragmatic Breath FOR STRESS MANAGEMENT

Diaphragmatic Breath is a useful tool that is available to you at any moment of the day. It can be done at any time and any place, whenever you need a beat to restore or reconnect to yourself. It is also a beneficial breathing technique to use prior to sleep as it promotes rest and relaxation.

You can practice Diaphragmatic Breath by getting into a comfortable seated position or lying on your back. Start by placing one hand on your belly and one hand over your heart. Begin to inhale slowly through the nose, feeling your belly expand as you breathe into the diaphragm. On your exhale, breathe out slowly through either your nose or pursed lips and feel your belly fall downwards, contracting into yourself.

We recommend repeating this technique for three rounds of breath. Check in with yourself and the way your body feels and repeat for one more cycle if you're still feeling restless.

The Science

The diaphragm is a large, dome-shaped muscle located at the base of your lungs Your abdominal muscles help move the diaphragm and give you more power to empty your lungs.







4-7-8 Breathing

The 4-7-8 breathing method is designed to allow your body to relax, and works its magic for recovery post workout, prepping prior to your meditation practice, or sitting down to focus on a task at hand. Similar to the Box Breath, breathing holds are incorporated into this technique.

Practice the 4-7-8 breath by inhaling through your nose for a count of four, holding for a count of seven, and exhaling for a count of eight. Repeat as many times as needed – we recommend aiming for a minimum of three breathing cycles.

5.5 Breathing for increased performance

5.5 breathing is a powerful tool for athletes who exert their bodies and energy on a daily basis through sport. The 5.5 breathing technique can benefit athletes by increasing performance through reducing the over-release of CO2 that impacts the release of blood cells to the muscles, resulting in lower performance.

This framework is an efficient breathing exercise that is proven to reduce fatigue and increase stamina – practice it by inhaling through the nose for 5.5-seconds, followed by an exhale through the nose of 5.5-seconds. This actually works out to be about 5.5 breaths per minute.

The Science

The 5.5 breathing method is thought to be the "ideal" rate of breath for every day life.

The Eleven Eleven Difference

11:11

Diversity, Equity & Inclusion

DE&I is an initiative close to our hearts and one we have entrenched our own hiring processes in. Our commitment here is that you can be rest assured we adhere and uphold equal opportunity employment standards to drive and impact your business.

Market Intelligence

We know the market. We pride ourselves on our research and tracking of data and metrics to maintain a strong understanding of the current market place and what it will take to land talent.

Emotional Intelligence

We are the only agency who's trained behavioural interviewing style screens for emotion fit, resilience, emotional intelligence and preserving your culture. This is our edge.

Global Team

We have a robust team of senior level and executive recruiters placed across North America, Europe and Australia expanding out deep global networks of top caliber talent. Having spent the majority of our careers as internal recruiters, we understand the top priorities of the business and have built our firm on the pain points we experienced working with external agencies.

Think of us as your internal, externals.

Interested in hearing how Eleven Eleven Talent can catalyze your career or organization?

Get in touch at: hello@eleveneleventalent.com