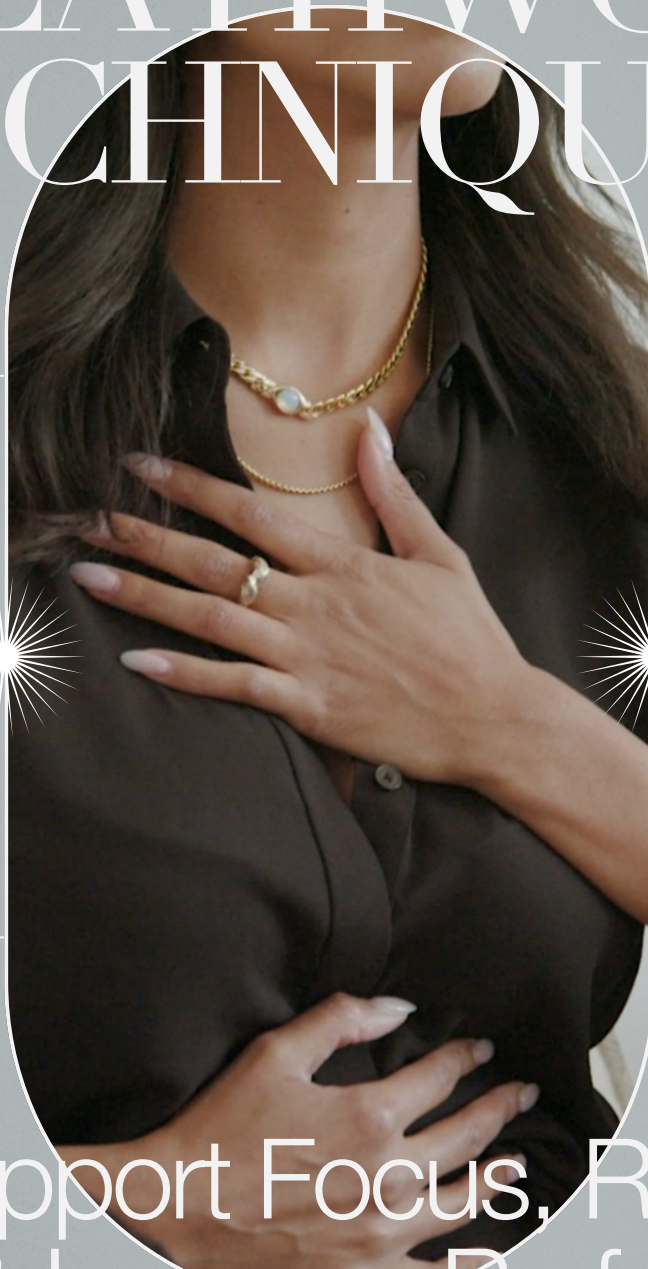


BREATHWORK TECHNIQUES



To Support Focus, Reduce
Stress & Increase Performance

11:11

AN 11:11 WEEK 2023 RESOURCE
THE YEAR OF MINDFULNESS

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.



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@eleveneventalent.com