

PowerWood Videos



[Simone de Hoogh about why she started PowerWood for families living with intensity and OE](#)

Simone de Hoogh about why she started PowerWood for families living with intensity, super-sensitivity and hyper-reactivity (OE-overexcitability as it is called in the psychological world)



[Ella \(12\) about PowerWood Camp](#)

"I am sure that there are a lot of people out there that think that they are weird, but they just need to know that everyone has to be different and there is nothing wrong with you."



[George on how the PowerWood Camp helped her understand herself and connect to her sister](#)

"What was really nice actually, learning about my sister, and what I could do to be more engaging with her. Because what would happen, because she's got a different OE than me, she has got Emotional [OE], and.. I am not emotional at all, I am not very emphatic at all really. So knowing that.. the reason why she would just erupt and I wouldn't know what would go out with it, was because she was signalling, but signalling for somebody who had a deeper understanding of empathy. That made more sense "



[PowerWood Camp 2017 Children's film](#)

This lovely film is made by the children at the PowerWood Camp 2017.

"I felt quite welcomed by kind of weird stuff.. because as soon as I drove in, it was like 'woof' and a whole beautiful camp site came into view. So quite surprising"



[4-7-8 Most effective breathing exercise with Simone de Hoogh & Karin](#)

The 4-7-8 yoga breathing technique (a 60 second exercise) helps you be in charge of panic attacks, adrenaline highs or lows, night terrors, falling back asleep and upping your baseline, in general it helps you to get out of an emotional block (and the involuntary mechanisms that go often hand in hand with them) and being able to access your thinking abilities again. To up your baseline, just do it twice a day, that will also help accelerating kicking in the calming effects when you apply it in a stressful situation.