

# Cysf

Deja-vu

October, 18, 2024: Picked topic– Deja-vu

**Question:** What causes the feeling of deja-vu and how does it connect to how our brain keeps memories?

**Follow up Questions:**

1. Do people with a more active physical life experience deja-vu? (Does physical health impact if you experience deja-vu?)
2. To experience deja-vu do you have to be in a certain age range?
3. Does everyone feel deja vu at least once?
4. How many people know about Deja vu, and when to seek help.
5. How does how you view deja vu impact the effects on your brain? (Do you get it more, less, the same. Does your mindset or experiences change anything?)

**Hypothesis:** Younger people can also experience deja vu, rather than people between the ages of 15- 25 years of age. // The feeling of deja vu is a glitch of some sort in your brain, which confuses the feeling of familiarity to what you have perhaps done before.

<https://www.webmd.com/mental-health/what-is-deja-vu8> DEja - vu is the Min part

Nov.14.2024

Deja vu is the sensation that you have done or witnessed something before, even if you have not experienced it.

Being busy, tired or stressed may result in deja vu

One theory of deja vu is that it is a memory glitch or memory confusion.

When you are tired, your brain is exhausted, it's like running a kilometer, your legs will tire, and make it harder to walk, maybe your knees lock or shake. That's what your brain is doing, or at least what we think it's doing

No scientists truly know what deja vu is, as we are still exploring what it really is. There are many theories, from brain glitch, memory confusion, to curses on one's brain.

Many scientists speculate that people between the ages of 15-25 feel déjà vu the most since many surveys report this information.

Nov. 17. 2024

Déjà vu can be a sign of seizure disorders, migraine, and memory disorders

The most common cause of déjà vu is stress and exhaustion. For example, if you are working extremely hard on your job, or a school project, your brain is going to get tired, and most likely make you feel déjà vu, since your brain will mix up signals.

Nov. 19. 2024

People with schizophrenia often say that they experience déjà vu, but in a more frightening way. This is not déjà vu, and feeling déjà vu does not mean that you have a mental illness.

Having anxiety at high levels constantly can also cause déjà vu, and anxiety is often caused by stress. Using this information, we can assume that Déjà vu is most commonly caused by built up stress, or severe stress.

Nov. 21. 2024

There are also many different cultural views on déjà vu, for example in Ancient Greece déjà vu was seen as a premonition or prophecy. Philosophers believed that the sensations of déjà vu, were glimpses of things that were going to happen in the future.

In Eastern cultures, mostly in Hinduism and Buddhism déjà vu is viewed as evidence of past lives. The sensation is believed to be memories, seeping into present consciousness.

[Why Do We Get Déjà Vu? Neuroscience Behind Phenomenon](https://www.miragenews.com/why-do-we-get-deja-vu...)

Mirage News

<https://www.miragenews.com/why-do-we-get-deja-vu...>

Nov. 22.

There are actually different forms of déjà vu. Déjà vu is the most common one, where you feel as if you are encountering a moment you have experienced before.

Though there is also *deja vecu* (meaning already lived), the feeling is way stronger than in *deja vu* and you feel like you know all the events that are about to happen. *Deja vecu* feels more troubling and it's a stronger, more intense feeling than *deja vu*.

Nov. 23.

*Deja vu* can also appear while you're dreaming, where you feel as if you have seen the same dream before. While dreaming, it feels like more fascination and familiarity is being added.

This is actually another form of *deja vu*, which is called *deja-reve* (already dreamed in French). Not many studies have been done on this form of *deja vu*.

Dec.1

*Deja-vu* means already seen in French

There are more than 40 theories about *deja vu*.

It is especially hard to study because it is a brief feeling, and usually goes unnoticed to some individuals, however, recent advancements in technology have made research about *deja vu* clearer.

One theory (out of the most commonly known and reasonable 3) is that your brain records a moment, like movies. It flashed through information in a single moment, but sometimes, a sense (touch, smell, hear, taste, see) lags behind, and your brain records it as a separate event, usually one similar to the past, which makes the famous feeling of *deja vu*.

The second theory is as follows: You see, say a checkered tablecloth, and your brain's memories, (in the shape of a hologram) instantly makes the connection to another memory, of the same or very similar tablecloth, without the context from the older memory. It is essentially your brain mixing a small part of a past memory with a small part of the present to create a sense of familiarity.

The third and possibly the simplest theory is this: You are paying attention to a specific object, such as a TV remote in your brand new hotel that you've never been to. Your focus is on the remote, while your brain is scanning the remote, it is also trying to remember everything outside of your focus, which would be, in this case, the rest of your room. Once you look around, it will seem familiar, since you were there, in a memory (of about 30 seconds ago in this example. It can be any length of time) just not paying attention.

However, these 3 theories may not be completely accurate, since as noted above, *deja vu* is a quick feeling and reaction, and is extremely hard to capture! As technology progresses, scientists are hopeful to find an answer to what *deja vu* is.

Dec 3.

<https://www.youtube.com/watch?v=w4y1Shjypis&list=PL5rJWkBgYKtw5temU-it3ktlxzT3TJpsd&index=3> (dec.7.2024 5:37)

- Basically a glitch in your brain when you are tired or stressed.
- A repeat firing while the brain tries to connect the glitched memory to another experience.
- The sequence in your brain was close enough to the memory so it feels like you have experienced it before.
- Cannot be on purpose, you can't walk down the same street everyday and feel deja vu because you've been there before.

Dec 5.

Despite reports about deja vu, scientists still do not understand the meaning behind it, or the cause of deja vu.

If deja vu occurs several times per week, consult a doctor, as this may be a sign of an issue in your brain. As said above, your mental wellness affects how many times you get deja vu. If your mental health is poor, and you are stressed a lot, the chances of feeling deja vu go up.

Dec. 6.

Question: Does gender affect you if you get deja vu?

No. Gender does not affect how to experience, feel or the number of times you have gotten it in any shape of form.

This question occurred after articles repeatedly reported similar things about deja vu, and the question about gender/sexuality popped up.

Dec. 7

When you see something it is put into short term memory, but with deja-vu, your brain makes a mistake and connects it with a blurry short term memory, and therefore creates the sensation of deja-vu

Dec. 10

Not everyone experiences deja-vu within the first 13-15 years of their life. As you grow and the more responsibility you carry and stress you gain, the more likely you are to feel deja-vu.

Dec. 11

Anxiety disorders, or depression can lead to feeling deja vu. People with Anxiety disorders tend to feel deja vu more often, as the high stress of anxiety tires their brain. Those with depression tend to ignore small details, and one of the theories about deja vu states that deja vu happens when we feel something familiar.

Dec. 13

Even if your mental health is good, you can still get extreme cases of deja vu. If you constantly feel deja-vu (Maybe 2-3 times a day or week) you should consult a doctor or medical professional.

Dec. 14

Some things that cause stress are; school, burnout, work, and so much more. Stress can make your brain fatigued.

Dec. 15.

On the spiritual side of viewing deja vu.

Before proper research was made, humans used to believe that it was a connection from your past life (If you believed in reincarnation.) A similar scenario happened in your previous life, so there's a quick feeling of deja vu as the moment confuses your brain.

Another theory before research was made is that you are connecting with another dimension. People in different dimensions have a flash of deja vu as the world's collide briefly as the same scenario is mirroring the others.

It is important to note that some individuals still believe in these theories and they are mentioned as older theories because the belief (Put theories here) was much more popular with people who were alive a century or two ago than now, since we have more information on it.

Dec. 16.

Many people misunderstand mental health problems and diagnose mental health problems. For example, schizophrenia is widely misunderstood. The difference between experiencing deja-vu and having PTSD or visions (From Schizophrenia) is not known by many people.

Dec. 17.

(Put survey results here for coach g and whoever gave form in. Write names down.)

Dec. 20

Dec. 27

Dec. 31

<https://www.verywellmind.com/what-is-deja-vu-why-do-we-experience-it-5272526>

October, 18, 2024, 9:50 am