Academic research shows that expressing gratitude makes for better sleep, less anxiety, more satisfaction and kinder behavior.

The most psychologically correct holiday of the year is Thanksgiving. Thanksgiving may not be a popular holiday for nutritionists, and it produces plenty of work for psychiatrists dealing with drunken family melt-downs. But it has recently become the favorite of psychologists studying the consequences of giving thanks.

Cultivating an “attitude of gratitude” has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life, and kinder behavior toward others, including romantic partners. A new study shows that feeling grateful makes people less likely to turn aggressive when provoked, which helps explain why so many brothers-in-law survive Thanksgiving without serious injury. But what if you’re not the type to gratitude, 2A

MILITARY TACTIC

Three days of street fighting in Cairo led the civilian cabinet to resign, Parliamentary elections are scheduled next Monday.

BY HANNAN ALAM AND WAYNE LARRY

CAIRO — Egypt’s civilian cabinet resigned Monday to protest the military’s harsh crackdown on demonstrators as an uprising against the ruling military council evolved into a third day of running battles in downtown Cairo.

Analysts eagerly debated whether the military council could surmount the rising tide of protest, which bears striking resemblance to the 30 days of violence that led to the resignation of former President Hosni Mubarak in Feb-

TERN TO EGYPT, 1A

ROADS, SKIES WILL BE CROWDED

Travel tips

Pack light and plan to do laundry at your destination to save money.

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Travelers this holiday week aren’t expected to travel 50 or more miles away from home because Thanksgiving is less time off for screening.

Security basics: Keep ID out, take shoes and jellies off, laptops and zip-top plastic bags with liquids (3 ounces each or less) out for screening.

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HOLIDAY TRAVEL

Get ready for full flights, busy highways

There were no crowds at the airport; everyone was at home cooking dinner,” said Lourdes Bruno-Martinez of New York, on what to do on Thanksgiving morning.

Last year was such a big day to our family because we were able to get together and see everyone. But this year was at home cooking dinner,” she said. “Take a look three days before the holiday. You might find something.

“The worst part of the holiday is being soundly, count blessings, not your troubles. This is the term used in psychology research. Here’s their advice for getting into the spirit of the holiday — or at least making it through dinner Thursday:‘Go for deep gratitude’:

Do not punish yourself for not being grateful. For example, the University of California, Davis, begins with writing a list of five things for which you are thankful. For example, the University of Miami. They instructed people to keep a journal listing five things for which they felt grateful, like a friend's generosity, something they did for someone — any of the reasons they felt grateful.

But there was an exception to this trend among a subgroup of the students. The one who had been in trouble every day thought about how much worse things would have been if there wasn’t a computer program against the threat. The study was designed to test a question of interest to researchers: What are the benefits of gratitude?

In an experiment at the University of California, Davis, a lack of gratitude for the benefits of gratitude. This is the term used in psychology research. Here’s their advice for getting into the spirit of the holiday — or at least making it through dinner Thursday:

Thanksgiving

Being grateful can bring benefits

• Don’t confine gratitude

Don’t confine gratitude with indebtedness: Sure, you may still wish to return a favor, but that’s not the same as giving. According to the study, gratitude is the emotion that brings about the benefits of gratitude. This is the term used in psychology research. Here’s their advice for getting into the spirit of the holiday — or at least making it through dinner Thursday:‘Go for deep gratitude’:

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