



At Home

Making the Most of Living in a Cowboy
Properties Community
Aug. 9, 2024

Solving The Stress

Stress is a common part of life, and finding effective ways to manage it is essential for our well-being. Check out these methods to help manage stress.

Exercise: Physical activity can boost endorphins and improve your mood.

Meditation: Practicing mindfulness or focused meditation can help calm the mind. [Check out this guided meditation.](#)

Deep Breathing: Techniques like diaphragmatic (belly) breathing can reduce stress levels.

Yoga: Combines physical movement, meditation and breathing exercises.

Progressive Muscle Relaxation: Tense and then relax each muscle group, beginning with the lower extremities and end with the face, abdomen and chest.

Healthy Eating: Proper nutrition can impact your overall stress levels.

Adequate Sleep: Ensure you get enough restful sleep.

Reading: Getting lost in a good book can take your mind off stressors.

Journaling: Writing down your thoughts and feelings can help process stress.

* It's important to consult with your doctor before starting a new exercise routine.

Cowboy Pledge Update

Thanks to everyone who donated school supplies in July for the Utah Refugee Connection. We collected supplies for over 70 school supply kits and over 50 backpacks. We appreciate your generosity!

Join us on August 22 from 6 - 8 PM as we work with Sandy City Parks and Recreation to plant trees at the Bell Canyon Preservation Trailhead. Tools and supplies will be provided. Please bring work gloves if you have them. Refreshments will be provided. Meet at the lower parking lot at the trailhead (9877 Wasatch Blvd). RSVP at 801-424-4400 or at cowboypledge@cowboyproperties.com.

Creating Mealtime Magic

"What's for dinner?" is a common refrain in any household. Check out these recipes to get dinner on the table quickly.

[Mediterranean Turkey and Rice Skillet](#)

[Burger Bowls](#)

[Ravioli Lasagna](#)

[Honey Garlic Glazed Salmon](#)

[Air-Fryer Chicken Taco Pockets](#)

[Sheet Pan Garlic Parm Chicken](#)

[Cracked Out Ranch Tater Tot Casserole](#)

[Broccoli Chicken Casserole](#)

[Zesty Slow Cooker BBQ Chicken Sandwiches](#)

Events of the Week

[Sandy's Hot Air Balloon Festival](#)

Aug. 9-10, 6:30 AM launches Storm Mountain Park (1000 E 11400 S, Sandy) Work hands-on with the pilots as they prep the balloons. Saturday evening events also at City Promenade (10000 S Centennial Parkway).

[Westside Culturefest](#)

Aug. 9-10, 5 - 10 PM both days Mid-Valley Performing Arts Center (2525 Taylorsville Blvd, Taylorsville) A block party celebration of arts and community diversity featuring over 25 performances on-stage and outdoors, an artist market and more.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444 211utah.org/ or call 211

<https://jobs.utah.gov/assistance/index.html>

Power & Gas Assistance

<https://www.utahca.org/heat/>

Utah Department of Workforce Services Resources

jobs.utah.gov/

Food Resources, and Mobile Food Pantry Dates and Locations

<https://www.utahfoodbank.org/programs/mobile-pantry/>

<https://www.utahca.org/nutrition/>