

At Home

Making the Most of Living in a Cowboy Properties Community
Aug. 28, 2026

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.

Dinner, Simplified

Busy nights call for meals that are quick, easy, and seriously delicious. Skip the takeout and whip up these simple dishes that get dinner on the table without the fuss.

Thai Chicken Salad

Taco Crescent Ring

15-Minute Honey Garlic Chicken

Speedy Cod Curry

Philly Cheese Steak Grilled Cheese

Herbed Tuna Salad

Ham and Cheese Crescent Sandwiches

Chicken, Black Bean and Spinach Skillet

30 Minute Pork Chops with White Wine Mushroom Sauce

Taco Pizza

Grilled Steak Ratatouille & Saffron Rice

15-Minute Chicken & Rice Dinner

Southwest Baked Salmon

15-Minute Meat Loaf

Huevos Rancheros Rice Bowl

Blue Plate Beef Patties

Pierogi Quesadillas

Cashew Chicken with Noodles

Garlic Bread Pizza

Events of the Week

BrickSlopes
Through Aug. 30
Mountain America Expo Center (9575 State St, Sandy)
Interactive exhibits, creations from talented builders and activities for all ages.

New West Coast Music Festival
Aug. 29
Zions Bank Stadium (14787 South Academy Pkwy, Herriman)
Rising and established voices in hip-hop and Latin urban music.

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.

Salt Lake City Tenant Resource Center

Power & Gas Assistance

Utah Department of Workforce Services Resources

General Assistance (Utilities, Food, Housing)
Utah Community Action or call (801) 359-2444
211utah.org/ or call 211
https://jobs.utah.gov/assistance/index.html

Food Resources, and Mobile Food Pantry Dates and Locations
https://www.utahfoodbank.org/programs/mobile-pantry/
FeedUT.org