



Extension
Utah State University



The Sampler

1181 North Fairgrounds Drive
Ogden, UT 84404-3100
801-399-8200

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Staff:

Naomi Brower
FCS/4-H Faculty

Stephanie Carlson
FCS Faculty

Tips for Managing Anxiety

Most people feel anxious or scared from time to time. Anxiety can show up in many different ways, racing thoughts, tension in the body, difficulty sleeping, or feeling on edge. Because everyone experiences anxiety differently, there is no single “right” way to cope. The key is finding tools that work for you. Consider trying some of the strategies below to help manage moments of anxiety in your daily life.

Coping in the Moment

When anxiety shows up, having a few go-to strategies can help you feel more grounded and in control.

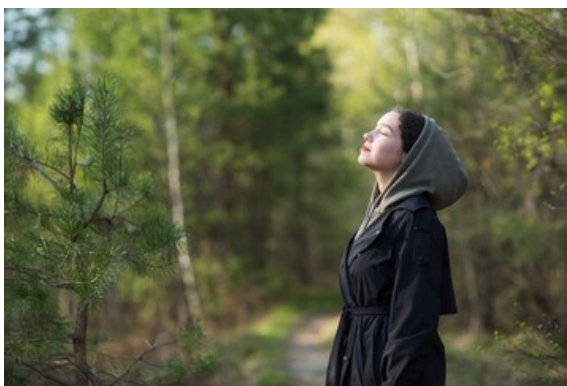
- ♦ **Accept your feelings.** Anxiety is uncomfortable, but pushing it away or judging yourself for feeling anxious can actually make it worse. Acknowledge the feeling and remind yourself that it will pass.
- ♦ **Practice deep breathing, gentle stretching, or guided imagery.** Slowing your breath and relaxing your

muscles can calm your nervous system and help your body feel safer.

- ♦ **Repeat words of affirmation.** Simple phrases like “I am safe,” “This feeling will pass,” or “I can handle this” can be reassuring during anxious moments.
- ♦ **Reframe anxious thoughts.** Challenge worries by asking yourself questions such as: Is this a fact or a fear? What evidence do I really have?

What is a more balanced or realistic thought?

- ♦ **Talk to someone you trust.** Sharing how you feel with a friend, family member, or colleague can reduce the sense of isolation that often comes with anxiety.



- ♦ **Use grounding techniques.** Focus on what you can see, hear, touch, smell, or taste to bring your attention back to the present moment.
- ♦ **Try progressive muscle relaxation.** Slowly tensing and releasing different

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muscle groups can help release built-up tension.

- ♦ **Move your body.** A short walk or gentle movement can help burn off anxious energy and shift your focus.
- ♦ **Talk to yourself with compassion.** Name the anxiety, question it, and remind yourself that thoughts are not the same as facts.
- ♦ **Schedule a “worry window.”** Set aside 10–15 minutes to write down worries, then gently redirect your thoughts outside of that time.

Lifestyle Habits to Reduce Anxiety

Daily habits play a big role in how we experience and manage anxiety over time.

- ♦ **Make time for enjoyment.** Build in activities you enjoy or look forward to, or even small ones.
- ♦ **Plan ahead for stressful situations.** Identifying potential anxiety triggers and deciding how you will cope can reduce their impact.
- ♦ **Eat a balanced, healthy diet.** Regular healthy meals and hydration help support stable energy and mood.

- ♦ **Move your body regularly.** Choose activities that feel good and are appropriate for your fitness level.
- ♦ **Limit caffeine and sugar.** Both can increase feelings of jitteriness and anxiety for some people.
- ♦ **Prioritize sleep.** Aim for consistent sleep routines to support emotional well-being.
- ♦ **Stay connected.** Meaningful connections with others can provide comfort, perspective, and support.

Remember, managing anxiety is a process, not a quick fix. Small, consistent steps can make a meaningful difference over time. If anxiety begins to interfere with your daily life, consider reaching out to a mental health professional for additional support. 

~Naomi Brower, Extension Professor

Reference: <https://healthcare.utah.edu/healthfeed/2025/02/coping-anxiety-strategies-regain-control>

Gift Ideas for Valentines Day

This is not the occasion for a new drill or lawnmower or a vacuum or toaster! Valentine's Day gifts should be an expression of your love and affection. There's a good reason that Valentine's cards are covered with flowers and hearts and verses of love and passion. This is a special day to express heartfelt emotion and gratitude for companionship, friendship, and love.

Here are a few simple ideas to help you out.

- ♥ Candlelight dinner
- ♥ Pink pancakes with berries & cream
- ♥ Cut-out cookies
- ♥ Chocolate bowls
- ♥ Chocolate art
- ♥ Send anonymous valentines, balloons, or flowers
- ♥ Dad could send roses to daughters

- ♥ Mom could send treats to sons
- ♥ 14 days of “Hugs or Kisses”
- ♥ Valentine boxes
- ♥ Kids could make a chain decoration for doors
- ♥ Attach notes to the wall or bathroom mirror
- ♥ Hide love notes in car or lunch box



Family and Consumer Science Events and Classes



Discover how to create a marriage filled with deeper connection, greater fulfillment, and more fun at the Utah Marriage Celebration—a virtual date night designed to bring couples closer together and help singles prepare for future relationships. Come join us on Friday, February 7 starting at 6:00 p.m. for an evening of online education from speakers across the nation and internationally recognized relationship expert Alexandra Solomon. Additional details and registration available at <https://relationships.usu.edu/mc26>. Tickets are only \$20 per couple through January 31. Tickets purchased after January 31 will be \$25 per couple.



Lotions & Potions

Tuesday, March 31
6:30 – 9:00 p.m.
Extension Classroom
Cost \$30

Come have fun learning how to create your own lotions and potions. The cost includes all supplies, containers, and ingredients. **Seating is extremely limited and fills quickly**, so register today. Call 801-399-8207 to sign up.

Electric Pressure Cooking (InstaPot)

Tuesday, March 17
6:30 – 8:00 p.m.
USU Extension Classroom, Ogden
\$15

Come learn how to cook using your electric pressure cooker. Enjoy samples to taste and take home recipes you can use right away. This class will help you confidently take your pressure cooker out of the box and put it to use. Call 801-399-8207 to sign up.



Power Pay Finance Classes

Tuesdays and Thursday
12:00 – 1:00 p.m.
Online
Cost: FREE

January 13 & 15 – Understanding Your Credit Score
January 20 & 22 – Grocery Glow Up: Grocery Budget Makeover
January 27 & 29 – No More Guessing: Investing Part I
February 3 & 5 – No More Guessing: Investing Part II
February 10 & 12 – Money Talks: How to Have Conversations About Finances
February 17 & 19 – Defeat Your Debt With PowerPay
February 24 & 26 – Strategic Ways to Use a Tax Refund:

Registration is required for each class. Please [click here](#) to complete your registration

Spring Cleaning

During the cold winter months, people tend to spend more time indoors with family, friends, coworkers, and pets. With less fresh air circulating, dust, dander, allergens, and germs can build up in the home over time. This can lower indoor air quality and increase the chance of illness, especially after months of sharing indoor spaces. When winter ends and spring begins, it's a good time to clean, declutter, organize, and bring life back into your home.

Spring cleaning is a long-standing tradition that focuses on deep cleaning, decluttering, and organizing the home in the spring. It goes beyond everyday cleaning by deep cleaning often-missed areas like baseboards, appliances, closets, carpets, and vents as well as cleaning out and organizing documents, household items, and furniture.

Deep cleaning isn't just about the house. A clean, well-organized home can support your mental and physical well-being by helping you maintain better health, feel calmer, less stressed, more in control, and more comfortable in your own space.

Spring cleaning can feel overwhelming if you try to do too much at once. The key is to make a plan, break tasks into manageable, organized steps, and focus on what you can realistically tackle at a time. Having a plan helps keep you on track, and even spending just 30 to 60 minutes a week can make spring cleaning much easier when the season arrives.



Tips to success

- Organize and remove clutter first. This will make cleaning easier. Recycle, sell, or donate unnecessary or no longer needed items.
- Assemble your cleaning supplies. This will ensure you have what you need to finish the job without interruption.
- Have a plan and make a goal. This will help you determine what level of cleaning is needed. Do not take on too much at once.
- Keep cleaning products to a minimum
- Get all household members involved. Many hands make light work.

There are many areas that need cleaning attention, here are a few:

1. Entryways and Living Spaces

- Dust and vacuum furniture, floors, and rugs
- Clean windows, blinds, and baseboards
- Declutter shelves, tables, and surfaces

2. Kitchen

- Deep clean appliances (oven, refrigerator, microwave, dishwasher)
- Wipe down cabinets, countertops, and backsplashes
- Organize pantry and discard expired items

3. Bathrooms

- Scrub tubs, showers, sinks, and toilets
- Clean grout and tiles
- Organize cabinets and drawers, dispose of expired products

4. Bedrooms

- Rotate mattresses and wash bedding
- Clean under the bed and behind furniture
- Declutter closets and drawers

5. Home Office / Study Areas

- Organize papers, files, and supplies
- Dust electronics and keyboards
- Clear off and clean desks and shelves

6. Laundry and Utility Areas

- Clean washing machine and dryer vents
- Sweep and mop floors

7. Windows, Doors, and Walls

- Wash windows inside and out
- Dust or wash door frames, walls, and baseboards
- Check for scuff marks or spots that need touch-ups

8. Outdoor Spaces (if applicable)

- Sweep patios and porches
- Clean outdoor furniture
- Declutter sheds and storage areas

If you don't like to use commercial cleaning supplies, your Weber County Extension office has a helpful bulletin that explains how to make your own cleaners. 

~Stephanie Carlson, Extension Assistant Professor

Sources:

<https://www.cleaninginstitute.org/cleaning-tips/spring-cleaning>

<https://www.thespruce.com/spring-cleaning-a-complete-checklist-1900106>



Budget Mastermind Workshops—Online & FREE

2026

utah money *matters*

BUDGET MASTERMIND WORKSHOPS

A hands-on budget tutorial workshop taught by experts. Create a budget that actually works for you!

FREE + LUNCH PROVIDED

9:30 A.M. - 2:30 P.M.

JAN 23: OGDEN
JAN 24: SLC, WHEELER FARM
JAN 30: KAYSVILLE
JAN 31: HURRICANE
FEB 6: USU SLC
FEB 7: LOGAN
FEB 21: OGDEN
FEB 21: KANAB
FEB 27: PRICE



Register: finance.usu.edu/efw



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Friday February 6

6-9:30 PM | Bonus Workshops from 4-6 PM

Keynote Speaker:

Alexandra H. Solomon

All sessions will be recorded and available for ticketholders after the event.

\$20 per couple through January 31 then \$25 per couple starting February 1.

relationships.usu.edu/MC26



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**Utah Marriage
Commission**
at Utah State University

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