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### 2023 Activity Guide now available

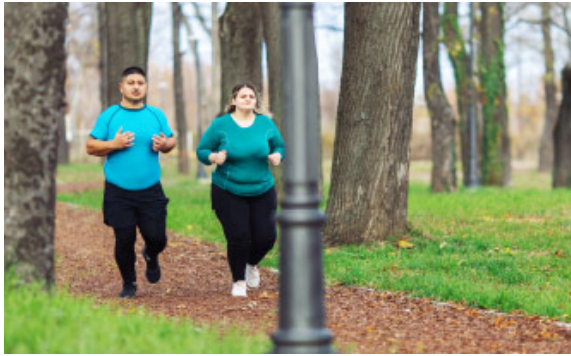
Check out important well-being topics  
we'll be exploring in 2023

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## Defining success for yourself

Feeling that you are successful and fulfilled in life can only be determined by you, not by your upbringing, schooling, society or anyone else. If the pursuit of a high-powered job or luxurious car or home, for instance, leaves you feeling dissatisfied or out-of-sync with your true self, it's time to re-evaluate what success really means to you.

[Find out more](#)



## Top tips to reduce your diabetes risk

Diabetes is a condition in which the body does not properly use glucose (blood sugar) for energy. Normally, your body makes a hormone called insulin that helps the glucose enter cells to be used for energy. With type 2 diabetes, the body can't use the insulin properly. As a result, glucose builds up in the blood and, if left untreated, can lead to serious health problems. While diabetes can be hereditary, there are steps you can take to reduce your risk. Changing these lifestyle factors can help you lower your risk of type 2 diabetes and also help you be healthier in general.

[Find out more](#)



## How gratitude changes you and your brain

Reflecting on gratitude for the people, opportunities and other gifts in your life doesn't just trigger joy, but can actually change your brain, promoting better health and well-being. Whether you express your appreciation through journal writing, a letter, or a smile, integrating gratitude into your everyday life can offer the following benefits.

[Find out more](#)

## November is National Diabetes Awareness Month

Diabetes is on the rise, and people are developing it at younger ages and at higher rates. At present, more than 37 million American adults (about 1 in 10) have diabetes, yet 1 in 5 people with diabetes don't know they have it. 96 million Americans—more than 1 in 3—have prediabetes, a risk factor for developing diabetes. Yet more than 8 in 10 adults with prediabetes don't know they have it. Make an appointment to get your blood sugar levels checked regularly! If you're at risk, follow the tips mentioned above, like exercising, controlling your weight, and eating a nutritious diet. If you already have diabetes, these same measures along with those recommended by your doctor can help you better manage it! **Learn more:** <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html>



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