



Mental Wellbeing



Resources to help you with self-awareness, hopefulness, and agility in dealing with life challenges.

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Counseling & Life Coaching



Counseling & Life Coaching

[Faculty and Staff Assistance Program](#) – Free and confidential, brief counseling and support is available to benefits-eligible employees, retirees, and their spouse/partner.

[eni Confidential Counseling Services](#) – Employees may receive up to three visits from eni Confidential Counseling. Available 24 hours/day, 7 days/week for any issue.

[Cornell Domestic Violence & Sexual Assault Resources & Support](#) - Cornell University is committed to providing resources to employees who are victims of domestic violence.

[Mental Wellbeing Conversations and Workshops](#) - For Faculty & Staff - gatherings and resources for the Cornell community.

[Cancer Support Group](#): On-campus monthly meetings for faculty, staff, students, and retirees who have been diagnosed with or have had cancer.

[Caregiver Support & Education Network](#) - Cornell employees caring for an adult family member, spouse, or friend are invited to join the monthly meetings.

[Cornell United Religious Work](#) - offers programs of worship, study, and social life, as well as opportunities to engage in interfaith dialogue.

[Body Positive](#) - A peer education initiative community that fosters body acceptance. People of all genders, sexes, and

bodies welcome.

[Ithaca Transgender Group](#) - Cornell's LGBT Center, Ithaca College's LGBT Center, and Out for Health jointly support a transgender support group for people in the Ithaca area. The group is a confidential, peer-led support group. If you identify as transgender, gender-queer, or fall anywhere along the gender spectrum, you're welcome!

[Soup & Hope](#) - Dozens of Soup & Hope speakers have touched, inspired, motivated, and stirred the hearts of those who gather during the winter months at Sage Chapel.

Meditation & Relaxation



Meditation & Relaxation

[Meditation & Guided Relaxation](#) - Mindful meditation is a technique to slow the mind, calm the body, and enhance brain development. Guided meditation is available in video, audio, and app formats. Offered by Cornell Wellness.

[Let's Meditate Program](#) - A free, guided, mindfulness meditation series sponsored by Cornell Health, in collaboration with numerous campus partners.

[Restorative spaces](#) - Take the time to replenish your spirits or recharge by visiting one of the restorative spaces on campus.

[Cornell Botanic Gardens](#) - Take a walk and explore - get some fresh air and breathe and enjoy the beautiful gardens.

[Nature RX @Cornell](#) - This growing movement is based on the premise that time spent in nature is therapeutic and contributes to personal wellbeing.

Self-Care Resources



Self-Care Resources

[Taking Time Off](#)— See options and resources for vacation, holidays, personal time off, caregiving, and leaves of absence

[Religious Accommodations](#) - Cornell University has an enduring commitment to supporting equality of employment and educational opportunity by affirming the values of diversity and inclusiveness, including embracing religious diversity.

[Flexible Work Arrangements](#) - Cornell offers a variety of flexible work arrangements to support the wellbeing of our employees. Although not all positions can take advantage of these arrangements, often other types of flexibility can be integrated into the workplace.

Confidential Resources

[Cornell Ombudsman's Office](#) - The Ombudsman's Office offers a safe place where Cornell students and employees can speak confidentially about an issue or a conflict and obtain guidance.

[Cornell Victim Advocate](#) - The university's Victim Advocacy Program provides assistance to members of the Cornell community who are victims of harmful, threatening, or violent incidents.

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