



Seven Dimensions of Wellbeing

Caring for all the dimensions of your wellbeing enables you to be your best at work and beyond.

Wellbeing is a multifaceted and continually changing process. Click the links below to explore resources available to the Cornell community that support all the dimensions of your wellbeing.

[Mental](#) > [Relationships](#) > [Physical](#) > [Cultural](#) > [Environmental](#) > [Occupational](#) > [Financial](#)

