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**