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

7 Dimensions of Wellbeing at Cornell