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

Seven Dimensions of Wellbeing at Cornell