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