



Self Care

You're at your best when your physical, mental, and emotional needs are being met.

Here are programs that can help you manage things like stress, wellness, aging, and preparing for retirement, as well as convenient links to services such as on-campus dining and LGBT support.

Wellbeing

- [Cornell Wellness Program](#): In addition to fitness center membership, provides a wide range of outreach activities, many of which are free. Visit the site for classes on topics such as healthy eating, stress reduction, weight management, life coaching, and much more, including:
 - [Walking Maps](#)
 - Weekly Wellness e-News and other [Wellness e-Lists](#)
 - [Massage Therapy](#)
 - [Meditation](#)
 - [Local Activities Organizations](#)
- [CPHL: Cornell Plan for Healthy Living](#): Available as part of Cornell healthcare benefits, this plan is the traditional Aetna PPO with an optional Enhanced Wellness Program (including a free Wellness Program Membership!) that focuses on preventive care.
- [Musculoskeletal Injury Prevention Program \(MIPP\)](#): provides ergonomics assessment, training and planning services to the Cornell community
- Recorded Programs: Learn more through these online programs you can access at any time.
 - [Mental Health in the Workplace](#)
 - [Worriers Are Us](#)

Financial Resources

- [Local Banking](#): Guide to banking services on or near campus.
- [Avoiding Identity Theft](#) (running time: 1 hour, 12 minutes)
- [Tuition Aid Program: Taking Classes Outside the University](#)
- [Cornell Children's Tuition Scholarship](#)
- [Emergency CARE Fund](#): The Emergency Cornellians Aiding and Responding to Employees Fund offers financial assistance to faculty and staff who have experienced an unanticipated emergency-related financial hardship.
- [Cornell Financial Planning Benefits](#): Make sure to visit the Human Resources Benefits area for a wealth of financial planning tools and education benefits available to staff and faculty!
- [Navigating Personal Finances and Debt](#): Resources to support you and your family as you manage your personal finances
- **Retirement**
 - [Cornell University Retirement Plan \(CURP\)](#): Designed to provide retirement income to endowed employees during their retirement.
 - [Pre-Retirement Planning](#): Information on seminars, webcasts and presentations geared for employees preparing to retire.

Assistance

- Cornell's [Work/Life Consultant](#) is available to offer free, confidential support and resources for individuals as they navigate life's transitions and unexpected life events. [Email](#) or call 607-255-1917.
- [Faculty and Staff Assistance Program](#): Free, confidential guidance and support for benefits-eligible employees and their partners.
- [SHARE Sexual Harassment & Assault Response and Education](#): Directory of services and resources.
- [Care.com Membership](#): Locate caregivers to help with housekeeping, errands, pet/home care, and more with a free Cornell-sponsored Care.com membership.
- [Cornell's Caring Community](#): Resources for all Cornell students, staff and faculty.
- [Emergency CARE Fund](#): The Emergency Cornellians Aiding and Responding to Employees Fund offers financial assistance to faculty and staff who have experienced an unanticipated emergency-related financial hardship. Support also includes travel to NYC for current employees for medical care or other emergencies.
- [Navigating Health Challenges](#): See this page for help on where to begin and resources available for dealing with health challenges such as cancer, impaired mobility, caregiving, etc.
- [Cancer Support Group](#): On-campus monthly meetings for faculty, staff, students, and retirees who have been diagnosed with or have had cancer.
- [Domestic Violence Resources](#): A listing of support available at Cornell and in the community.
- [Diversity Resources](#): Includes information for Cornell's community of color, military community, LGBT community and information on disability and religious resources.
- [LGBT Resource Center](#): Provides education, outreach, programming, program support, consultation, community development, visibility, and advocacy.
 - [Transgender Resources](#): Cornell has established a number of programs and services to support its commitment to an inclusive environment for transgender students, staff, faculty and alumni.

Religious Resources

- [Cornell United Religious Work \(CURW\)](#): Over twenty-six affiliated communities, offering programs of worship, study, and social life, as well as opportunities to engage in interfaith dialogue.
 - [Schedule of religious holidays](#)
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