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Being a judge is actually a huge challenge because their work represents plays a fundamental role in conscientiously protecting human rights; that is, seriously taking care of them, trying to understand the full context. To do so, it is not enough to simply interpret the legal provision, but one needs to be fully immersed in the current social reality, to draw on other scientific and social fields and, above all, for judges to be foremost someone who should never lose their humane sensibility.

Health and well-being are basic elements for human beings and society as a whole to fully reach their professional development and harmony. Therefore, it would be prudent to take these aspects into consideration not only for judges, but also for litigants, teachers, other public servants and, taking a broad approach, not to confine it to the field of law, but spread it to all professions.

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