



Today we celebrate the second International Day of Judicial Wellbeing. Judicial Wellbeing has become a prominent feature of discussions in judiciaries across the world. It is recognised that in the pursuit of justice and the rule of law the wellbeing of judicial officers and court personnel is important to maintaining trust and confidence in the administration of justice.

We must get to a place where we acknowledge the importance of judicial wellness. Judicial officers and those who support them in the workplace must care for their health but equally important is that institutions must provide the institutional support to facilitate and support judicial wellbeing.

I therefore urge and encourage each of you to take some time for you, to reflect on where you are and make the decision to take better care of yourself. Let's move. Just a few minutes of your time.

Today, let's start the conversation and encourage changes both personally and at the institutional level which can better support our judicial wellbeing.

Happy International Day of Judicial Wellness family. Let's support and encourage each other in our quest to become better stewards of our judicial wellbeing.

**President
ECAWJ**