

# Resiliencia

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One of the challenges for our society is the growth of consciousness and exercise of responsibility in the process of death, be it personally, in relation to our loved ones, or those confided to our care. One way to contribute to this 'appropriation of death' is the promotion of the 'Living will'. The consciousness of mortality, conversation about one's own death, giving indications to family, friends and future professionals about our scale of values and the limits we are exposed to, as medicine slides towards a biological paradigm and becomes a technocracy, is the most noble way to exercise responsibility and to humanise the end of life and, therefore medicine.

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