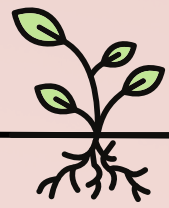# RESILIENCE IN CANADA

Which Canadians feel they are managing challenges well and report confidence in their ability to bounce back from unexpected troubles?
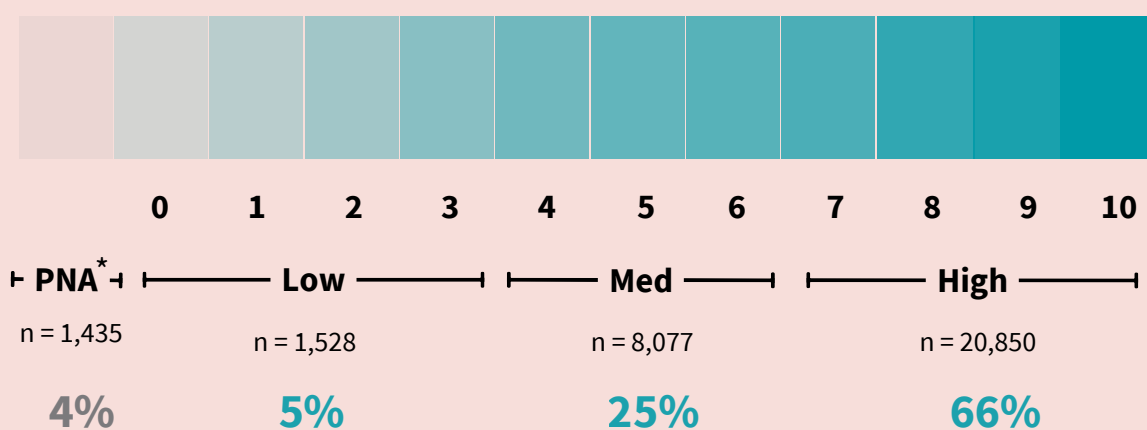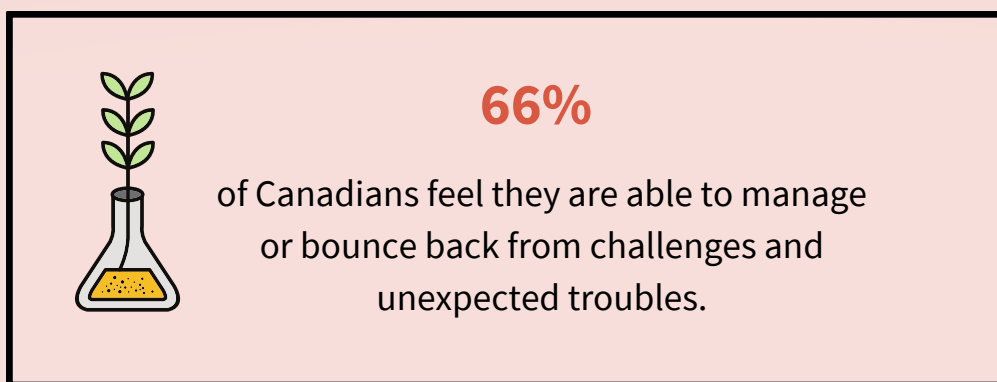
The value of resilience is highlighted in several studies published over the last decade demonstrating associations with positive mental health and life satisfaction (1). Resilience is often hypothesized to buffer against indicators of negative mental health (2).

Mental Health Research Canada's (MHRC) analysis reveals resilience is influenced by a range of variables that interact with one another. The strongest influencing characteristics include age, social connections, income, education and sector of employment.

About the Data

The information here represents 28,980 unique responses to MHRC's Canada-wide survey, collected between April 2020 and January 2023.
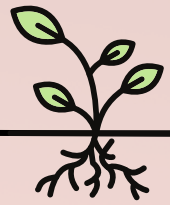
66%

of Canadians feel they are able to manage or bounce back from challenges and unexpected troubles.

0	1	2	3	4	5	6	7	8	9	10

PNA* — Low — Med — High

PNA*	Low	Med	High
n = 1,435	n = 1,528	n = 8,077	n = 20,850
4%	5%	25%	66%

Average self-rated resilience

7.1

* PNA = "prefer not to answer"

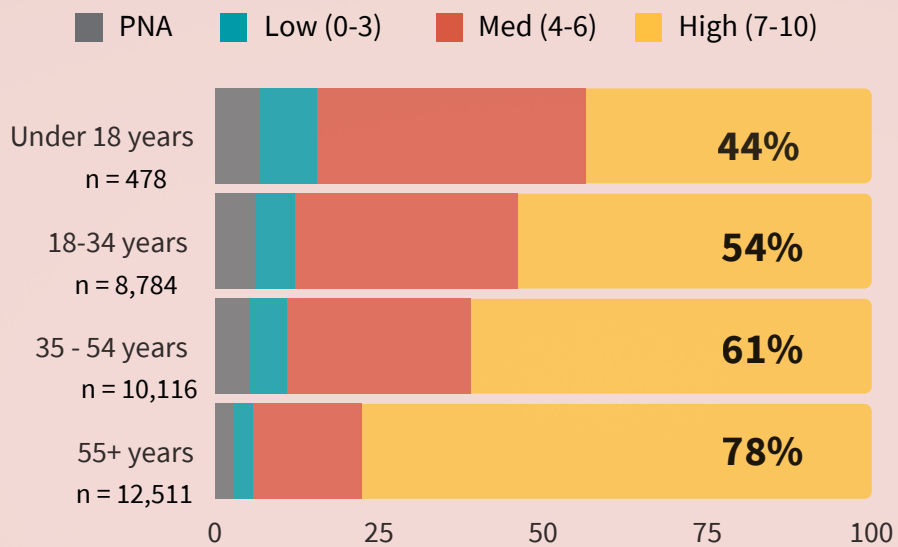(1) Hu, T., Zhang, D., & Wang, J. (2015). A meta-analysis of the trait resilience and mental health. *Personality and Individual differences*, 76, 18-27.
(2) Coulombe, S., Pacheco, T., Cox, E., Khalil, C., Doucerain, M. M., Auger, E., & Meunier, S. (2020). Risk and resilience factors during the COVID-19 pandemic: A snapshot of the experiences of Canadian workers early on in the crisis. Frontiers in psychology, 11, 580702.
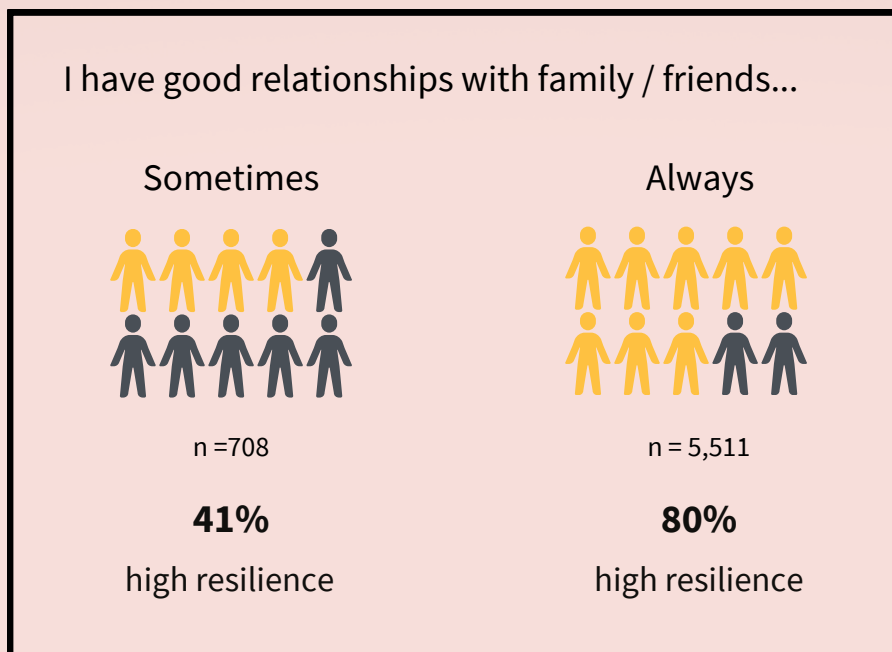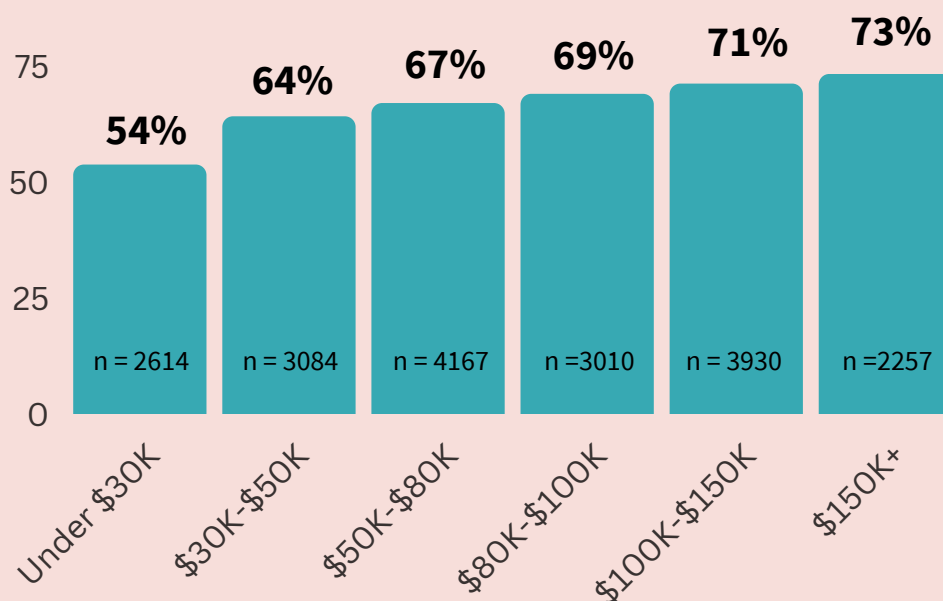
RESILIENCE IN CANADA
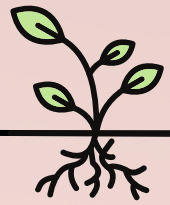
Older Canadians reported feeling more resilient.

Legend: PNA | Low (0-3) | Med (4-6) | High (7-10)

Under 18 years
n = 478 — **44%**

18-34 years
n = 8,784 — **54%**

35 - 54 years
n = 10,116 — **61%**

55+ years
n = 12,511 — **78%**

Axis: 0 25 50 75 100

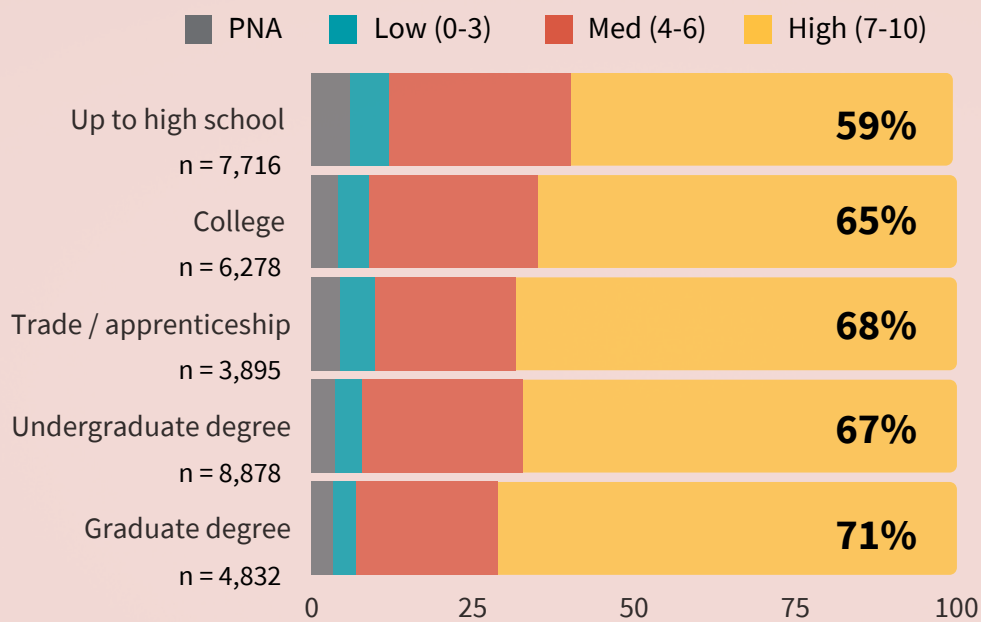Canadians with consistently good social relationships with family and friends scored higher on self-rated resilience.

I have good relationships with family / friends...

Sometimes	Always
n =708	n = 5,511
41%	**80%**
high resilience	high resilience

Self-rated resilience increased with annual household income.

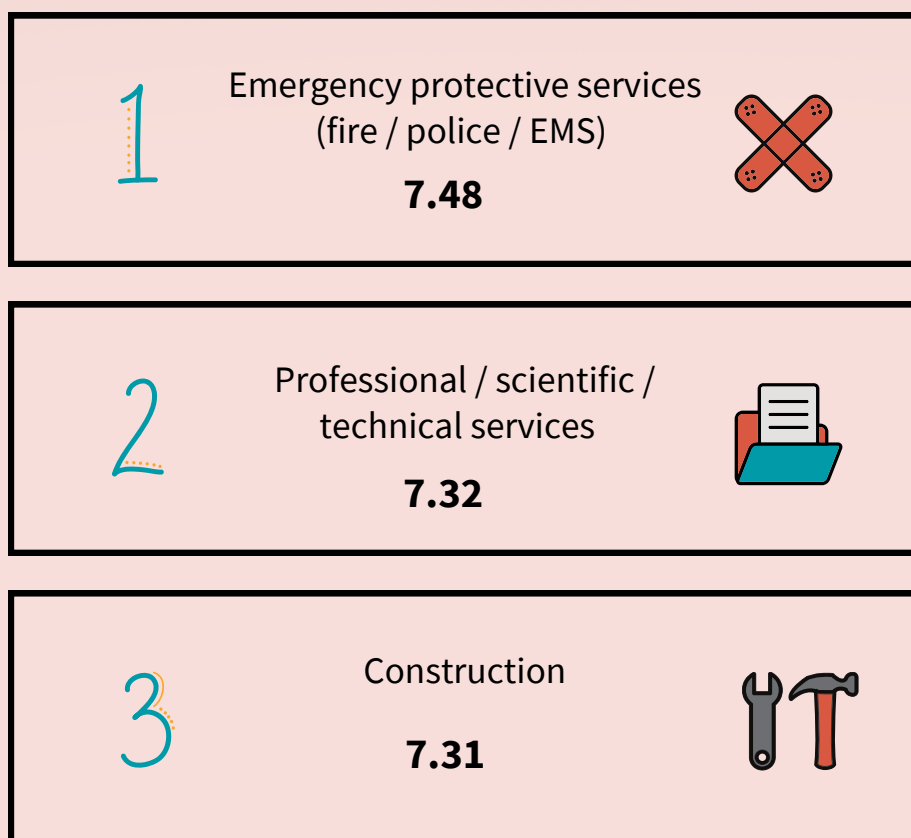| Under $30K	$30K-$50K	$50K-$80K	$80K-$100K	$100K-$150K	$150K+
54%	**64%**	**67%**	**69%**	**71%**	**73%**
n = 2614	n = 3084	n = 4167	n =3010	n = 3930	n =2257

Axis: 75 50 25 0

RESILIENCE IN CANADA

Canadians who graduated from post-secondary education
reported higher levels of resilience than those who did not.

Legend: ■ PNA ■ Low (0-3) ■ Med (4-6) ■ High (7-10)

Up to high school n = 7,716	**59%**
College n = 6,278	**65%**
Trade / apprenticeship n = 3,895	**68%**
Undergraduate degree n = 8,878	**67%**
Graduate degree n = 4,832	**71%**

0   25   50   75   100

....

Sectors of employment with the highest
average self-rated resilience:

1 Emergency protective services
(fire / police / EMS)
7.48

2 Professional / scientific /
technical services
7.32

3 Construction
7.31

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RECHERCHE / MENTAL
EN SANTÉ / HEALTH
MENTALE / RESEARCH
CANADA / CANADA

Health   Santé
Canada   Canada

p·ollara
strategic insights