



PSYCHEDUP
with Dr. Diane McIntosh

Resilience



What is Resilience?

Resilience is the ability to adapt and grow in the face of life's inevitable challenges. It is not about avoiding pain or distress but finding ways to cope, recover, and emerge stronger from difficult experiences. Resilience is not built in a single moment; it develops over time as we learn strategies to manage stress, lean on our strengths, and adopt new skills. The good news is that resilience is not fixed; anyone can strengthen it. By building resilience, we not only navigate hardships more effectively but also protect our mental health, reducing the risk of anxiety and depression. In short, resilience is more than surviving adversity; it is learning to thrive through it.

Building Resilience

Resilience doesn't come from avoiding challenges, but from how we adapt to them. Resilience grows when we set realistic expectations, embrace change as inevitable, and focus on what is within our control. A key part of resilience is reframing setbacks as opportunities to learn and grow, and treating ourselves with compassion rather than harsh self-criticism. Strong relationships, a sense of purpose, and healthy self-care practices also strengthen our ability to recover from stress. And while resilience looks different for everyone, it is always a process of progress rather than perfection, an ongoing pursuit of balance, strength, and growth.

Actionable Tips

Set realistic expectations: avoid frustration by aligning goals with reality, while still challenging yourself.

Embrace change: accept that life constantly evolves and look for opportunities within it.

Focus on what you can control: your thoughts, actions, and responses, not other people or circumstances.

Practice positive self-talk: replace harsh inner criticism with compassion and encouragement.

Find meaning in daily life: even small actions can bring purpose and strengthen connection.

Reframe obstacles as opportunities: challenges can drive growth, resilience, and performance.



Support Organizations

[The Center for Addiction and Mental Health](#)

[Canadian Mental Health Association – Raising Resilient Children and Youth](#)

[Canadian Mental Health Association](#)

[Mental Health Commission of Canada](#)

More Information

[Mental Health Research Canada](#)

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