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## What Canadians Can Do in Uncertain Times

It's fair to say that 2026 began with a jolt. The presidency of Donald Trump has dominated headlines and stirred a mix of emotions - concern, frustration, and uncertainty among them. Many of us wonder what it means for Canada—and for the values we hold dear.

It's a natural question. What happens south of the border matters to us. But we shouldn't forget that how we respond matters just as much.

Canada's greatest strength has always been grounded not in fear, but in confidence in who we are and what we stand for. When others close doors, we build bridges. When others retreat from collaboration, Canadians step forward - steadily, thoughtfully, and with purpose.

So how do we, as individual Canadians, respond to a world that feels more dangerous and unpredictable? It doesn't start with outrage or despair. Foundationally, it starts with reaffirming the values that define us and finding practical ways to put them into action.

### Thoughtful citizens

First, let's commit to being thoughtful citizens. In an era of polarized politics and online misinformation, it's easy to be swept up by the noise of the moment. Take the time to seek out credible information, challenge false narratives when you see them, and engage with friends and neighbours respectfully.

Try to resist the understandable urge to avoid mentioning Donald Trump for fear of "dampening the mood" - and instead, trust that honest, respectful conversation can withstand

difficult topics. Democracy depends on citizens who care enough to stay engaged, informed and talk to one another with empathy.

### Inclusive communities

Second, we can strengthen our resilience right here at home. Support Canadian businesses, invest in clean technologies, and volunteer with local organizations that bring people together. When we build vibrant, inclusive communities, we add stability and hope in uncertain times. Each of us has a role in shaping the country we want - not only through the ballot box but through daily acts of engagement and generosity.

Finally, we must remain hopeful. Canada has faced tough moments before, and we've always found our footing. We do it not by giving in to cynicism, but by working together, rooted in our shared belief that tomorrow can be better than today.

What happens in the United States will continue to influence global events, but it doesn't define who we are. Canadians can lead by example - by showing that democracy can still be open and respectful, that climate action can go hand in hand with prosperity, and that compassion remains a strength - not a weakness.

So as 2026 gets underway, let's keep perspective. The world might feel unsettled, but our course remains steady. If we lead with empathy, truth, and determination, we'll help ensure that Canada - this remarkable, diverse, forward-looking country - continues to be a global example of hope and progress, no matter who's in the White House.

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