

# TOO GROOVY

JANUARY 18, 2026 ISSUE 001

ISSUE 001



## CANADA IS CHANGING

WHO'S READY – AND WHO'S NOT

ENTERTAINMENT

SPORTS

POLITICS

LIFESTYLE

+ HOUSING • MENTAL HEALTH • CULTURE • MONEY • HOPE

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001



## Entertainment

**Anger Is the New Anthem**

3

## Politics

**Broken Trust, Loud Voices**

8

## Sports

**Winning Hurts**

13

**Lifestyle**

**Survival Mode**

17

**Editor**

**Matt Paul**

**Advertising**

**mp@mpconsolidated.com**

**905-471-2828**

**Publisher**

**MP Consolidated Inc.**

**© MP Consolidated  
Inc. 2026**

**All Rights Reserved.**

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

## Anger Is the New Anthem

### Why Canadian Music

### Stopped Being Polite

For decades, Canadian music carried a reputation for restraint. It was thoughtful, melodic, often introspective—more likely to apologize than provoke. Even at its most political, it tended to soften the edges, favouring metaphor over confrontation. But something has shifted. In 2026, anger is no longer a side note in Canadian music; it's the driving force. The new anthem isn't about fitting in, getting along, or being grateful for the opportunity. It's about frustration, exhaustion, betrayal, and a growing sense that the systems meant to support artists—and citizens—are no longer working.

This change didn't happen overnight. It's the result of years of economic pressure, cultural dislocation, and a widening gap between image and reality. Canadian musicians are living in a country that still markets itself as stable and fair, while everyday life becomes more precarious. Housing costs



have exploded. Touring is more expensive than ever. Streaming pays fractions of a cent. Grants are harder to access. And the social contract—work hard, play by the rules, and you'll be okay—has quietly collapsed.

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

Anger, in this context, isn't a pose. It's a response.

## From Politeness to Protest

Historically, Canadian music prided itself on subtlety. Protest existed, but it was often coded—folk songs that hinted rather than accused, rock tracks that critiqued without naming names. That approach made sense in a cultural ecosystem that rewarded politeness and punished confrontation. Being “difficult” could cost radio play, funding, or industry support.

Today's artists are less concerned with those consequences, partly because many feel they have little left to lose. The gatekeepers that once enforced decorum—radio programmers, major labels, cultural institutions—no longer hold the same power. Discovery now happens on platforms where raw emotion travels faster than refinement. A blunt lyric posted online can reach more people than a carefully produced single ever did.

More importantly, younger artists are growing up in a Canada that feels fundamentally different from the one their predecessors knew. They aren't angry because it's fashionable. They're angry because they're locked out of stability, drowning in debt, and watching the promise of upward mobility evaporate in real time.

## The Sound of Economic Pressure

Listen closely to the current wave of Canadian releases and a pattern emerges. The anger isn't abstract; it's specific. Songs reference rent, gig work, burnout, broken cities, empty downtowns, and the quiet humiliation of doing everything “right” and still falling behind. Even genres once associated with escapism—pop, indie, electronic—are carrying sharper edges.

This isn't just lyrical. Sonically, the music is louder, darker, and more abrasive. Clean production gives way to distortion. Smooth choruses are replaced by shouted refrains. There's a sense that polish itself has become suspect, a symbol of a system that asks artists to package pain neatly for consumption.

In this way, anger functions as both content and critique. It rejects the idea that Canadian music should be comforting or reassuring. Instead, it insists on being honest, even if that honesty is uncomfortable.

## Identity Without Apology

Another factor driving this shift is a rethinking of Canadian identity itself. For years, music was expected to reinforce a certain national brand: inclusive, calm, quietly progressive. But many artists no longer recognize themselves in that

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001



narrative. Their lived experience includes inequality, surveillance, precarious work, and institutional indifference.

Anger becomes a way of reclaiming voice. It allows musicians to reject the expectation that they should represent Canada as it wishes to be seen, rather than as it is lived. This is especially true for artists from marginalized



# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

communities, who have long been told to be patient, grateful, or educational in their work. The new wave is less interested in explaining itself and more interested in expressing itself.

That shift doesn't mean hope has disappeared. But hope is no longer passive. It's defiant. It exists alongside rage, not instead of it.

## The Industry's Quiet Role

The Canadian music industry itself bears some responsibility for this moment. Public funding models, while well-intentioned, often reward safe projects and established voices. Emerging artists are frequently pushed to prove marketability, professionalism, and "export readiness" before they've had a chance to experiment or fail. The result is a bottleneck where frustration builds.

Anger, then, becomes an act of resistance against an industry that talks about diversity and innovation while quietly maintaining the same hierarchies. By leaning into rawness and confrontation, artists sidestep systems that weren't built for them in the first place.

## Not Just Noise, But Signal

Critics sometimes dismiss this trend as negativity or nihilism, but that misses the point. Anger in music has always been a signal—a way of indicating that

something is wrong beneath the surface. In Canada's current musical moment, that signal is loud because the underlying pressures are intense.

These songs aren't calling for chaos; they're calling for recognition. They ask listeners to acknowledge that politeness can become a form of denial, and that constant moderation can mask real harm. By refusing to smooth over their emotions, artists are insisting that the country confront itself honestly.

## What Comes Next

Whether this era of anger leads to structural change remains an open question. Music alone can't fix housing markets or overhaul cultural policy. But it can shape conversation. It can make invisible pressures visible. It can give people language for feelings they've been told to suppress.

In that sense, anger isn't the end of the story—it's the beginning of a reckoning. Canadian music has stopped being polite not because it has lost its values, but because politeness no longer feels adequate to the moment. The new anthem doesn't ask for permission. It doesn't apologize. It stands up, raises its voice, and says what many have been thinking quietly for years.

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

And perhaps that, finally, is what it means  
for Canadian music to grow up.



# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001



## Broken Trust, Loud Voices

*Power, Polarization, and the Post-Consensus Era in Canada*

For much of its modern history, Canada prided itself on consensus. Compromise was not just a political tactic but a cultural virtue. Governments rose and fell quietly, institutions were trusted even when they disappointed, and public debates—while real—rarely felt existential. That era is over. In 2026, Canada has entered a post-consensus age defined by broken trust, amplified voices, and a growing belief that power no longer listens unless it is forced to.

This shift did not arrive suddenly, nor is it the product of a single crisis. It is the cumulative result of economic strain, institutional inertia, cultural fragmentation, and a media environment that rewards outrage over resolution. The loudness of today's politics is not accidental. It is the sound of a country where many no longer believe quiet participation works.

### The Collapse of Institutional Trust

At the centre of Canada's polarization problem is trust—or more accurately, the erosion of it. Trust in government, media, financial institutions, law enforcement, and even expertise itself has declined steadily over the past decade. This

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

erosion has not been uniform, but it has been persistent.

Citizens are repeatedly told that systems are functioning as designed, even as their lived experiences suggest otherwise. Housing affordability worsens despite endless task forces. Healthcare wait times grow while funding announcements multiply. Climate commitments are made while emissions targets slip. In isolation, each failure can be explained. Together, they form a pattern that breeds cynicism.

When institutions fail to correct course—or even acknowledge failure—people stop believing incremental reform is possible. Consensus politics depends on the assumption that everyone is operating in good faith. Once that assumption collapses, compromise begins to look less like cooperation and more like surrender.

## Power Without Proximity

Another driver of polarization is the growing distance between decision-makers and those affected by decisions.

Power in Canada has become increasingly abstract. Policies are announced through press releases, filtered through consultants, and defended with data that often feels disconnected from daily life.



# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

This distance is felt most acutely by younger generations, renters, gig workers, and those outside major political or economic centres. Many feel governed by systems they cannot meaningfully

substitute for proximity. If power cannot be reached quietly, it must be confronted noisily.

## Polarization Without Clear Sides

Unlike more polarized countries, Canada's divisions are not always cleanly ideological. The fault lines cut across traditional left-right distinctions. Distrust of institutions exists on both ends of the spectrum, though it manifests differently. Some see



influence. Voting, once seen as a primary mechanism of accountability, now feels insufficient on its own. When electoral change fails to deliver tangible improvement, frustration finds other outlets.

Loud voices—whether online, in protests, or through alternative media—become a

government as overreaching and inefficient; others see it as captured by corporate interests and incapable of protecting the public.

This creates a paradoxical form of polarization: widespread agreement that “something is wrong,” combined with

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

deep disagreement about what that something is. The result is fragmentation rather than binary conflict. Instead of two dominant narratives, Canada now hosts dozens of competing realities, each reinforced by algorithm-driven media ecosystems.

In this environment, consensus doesn't fail because people refuse to cooperate—it fails because they no longer share a common frame of reference.

## Media, Amplification, and the End of the Middle

The role of media in this transformation cannot be overstated. Traditional outlets, once trusted referees of public debate, now compete with influencers, podcasts, and partisan platforms that prioritize emotional engagement. The economics of attention reward certainty, not nuance; outrage, not reflection.

As moderate voices struggle for visibility, extremes dominate discourse. This does not necessarily mean Canadians have become more extreme in their beliefs, but it does mean that extreme expressions are more likely to be heard. Loudness becomes mistaken for legitimacy. Volume replaces verification.

Ironically, this environment also deepens distrust in media itself. As audiences perceive bias, omission, or agenda-

setting, they retreat further into self-selected information silos. Each side accuses the other of manipulation, while the middle ground quietly erodes.

## The Emotional Economy of Politics

Politics in the post-consensus era is not just ideological—it is emotional. Anger, resentment, fear, and exhaustion are powerful motivators, especially when people feel ignored. These emotions are not manufactured out of thin air; they are responses to real pressures. But they are easily mobilized by those seeking influence.

In Canada, this emotional turn is evident in how issues are framed. Policy debates increasingly hinge on identity, morality, and perceived betrayal rather than outcomes alone. Compromise becomes suspect, framed as weakness or corruption. To yield ground is to “sell out,” not collaborate.

This emotionalization of politics makes trust harder to rebuild. Rational arguments struggle to penetrate narratives rooted in lived grievance.

## Is Consensus Still Possible?

The question facing Canada is not whether polarization exists—it clearly does—but whether consensus can be reimagined rather than restored. The old model, built on deference and

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

incrementalism, may no longer fit a society facing rapid change and heightened expectations.

Rebuilding trust will require more than better messaging. It demands institutional humility: a willingness to admit mistakes, share power, and deliver results that people can feel. It requires media ecosystems that reward depth as much as speed, and political leadership that speaks honestly about trade-offs rather than hiding behind slogans.

Most of all, it requires recognizing that loud voices are not the problem in themselves. They are symptoms. They signal unmet needs, unaddressed fears, and a widespread belief that silence no longer works.

## A Country at a Crossroads

Canada's post-consensus era is not inherently doomed. Polarization does not have to end in paralysis. But pretending that the old rules still apply will only deepen the divide. Broken trust cannot be repaired by asking people to lower their voices without first giving them reasons to believe they are being heard.

The challenge ahead is not to return to politeness for its own sake, but to build a

new form of collective legitimacy—one



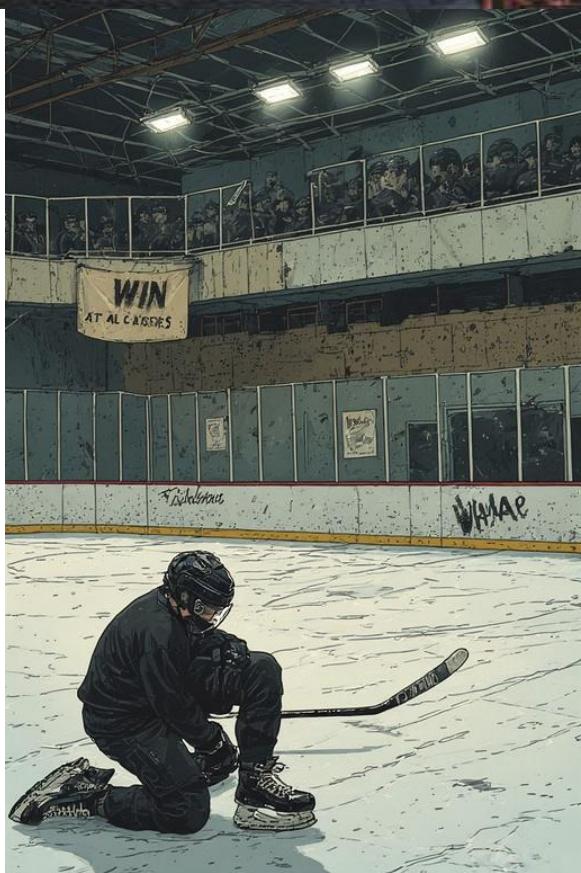
grounded in accountability, transparency, and tangible progress. Until then, loud voices will continue to fill the space left by quiet promises that no longer hold.

In a country once defined by compromise, the noise may feel unsettling. But it is also a reminder that Canadians still care deeply about the future. The task now is to ensure that this volume leads not to permanent fracture, but to a more honest, if harder, conversation about power, responsibility, and what comes next.

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001



## Winning Hurts

*Inside the Mental Toll of Modern Competition in Canada*

For generations, Canadians have been taught to admire toughness. In sport, business, and even everyday life, resilience is celebrated as a defining national trait. Push through. Don't complain. Earn it. But beneath the surface of Canada's modern competitive culture—especially in elite sports, high-performance workplaces, and youth development systems—a quieter reality has taken hold. Winning still matters, but

it increasingly comes at a psychological cost few are prepared to acknowledge.

In 2026, competition in Canada has never been more intense, more visible, or more unforgiving. The pressure to succeed is no longer confined to the final score or quarterly result. It follows competitors home, lives on their phones, and shapes their sense of identity. The toll is not always visible, but it is accumulating.

### The New Weight of Expectations

Competition has always involved pressure, but today's version is different in scale and permanence. Athletes, entrepreneurs, and professionals are now evaluated continuously. Performance is tracked, quantified, shared, and dissected in real time. A bad game, missed target, or failed project is no longer a private setback—it becomes public record.

For Canadian athletes, particularly those in junior hockey, Olympic pipelines, and university sport, the pressure begins early. Children are identified, ranked, and invested in as "projects" long before their emotional tools are fully developed. By their teens, many already associate self-worth with output. The margin for error narrows, and failure feels catastrophic rather than developmental.

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

This same dynamic plays out in other competitive arenas. Young professionals navigating contract work, sales targets, and precarious employment experience similar performance anxiety. The stakes may differ, but the emotional calculus is the same: keep winning, or risk becoming irrelevant.

## Identity Collapse and the Fear of Falling Behind

One of the most damaging aspects of modern competition is how tightly identity becomes bound to achievement. When winning defines who you are, losing threatens your sense of self. In Canada, where success is often framed modestly but pursued relentlessly, this tension can be especially corrosive.

Athletes who suffer injuries, professionals who burn out, or students who fall behind frequently report feelings of shame rather than disappointment. The internal narrative shifts from “I failed” to “I am a failure.” This identity collapse is a major contributor to anxiety, depression, and withdrawal, yet it often goes unaddressed because the culture still rewards stoicism.

In competitive environments, vulnerability is perceived as weakness. Asking for help risks being seen as unreliable. As a result, many continue to perform while silently

struggling, until the cost becomes too high to hide.

## The Social Media Amplifier

Social media has fundamentally altered how competition is experienced. Platforms designed to showcase success rarely show the full picture. Wins are curated. Losses are edited or ignored. This creates an illusion of constant progress that distorts reality and intensifies comparison.

For Canadian athletes and performers, the pressure to maintain a public brand adds another layer of stress. Even outside of traditional celebrity culture, competitors are expected to market themselves—highlight reels, professional profiles, and personal narratives of grit and triumph. The result is a perpetual performance, even off the field or court.

When success becomes a public identity, stepping back feels impossible. Rest looks like weakness. Silence looks like failure. The mental strain of being “on” all the time is significant, yet rarely factored into performance planning.

## Systems That Reward Output, Not Well-Being

Many competitive systems in Canada are still built around outdated assumptions: that pressure produces excellence, that toughness equals durability, and that

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

mental health is secondary to results. While awareness has improved, structural change has lagged.

In sport, access to mental health resources is often uneven. Elite programs may offer support, while lower tiers rely on coaches ill-equipped to address psychological strain. In workplaces, performance incentives frequently ignore sustainability. Short-term gains are rewarded, even if they lead to long-term burnout.

This creates a contradiction: organizations speak openly about well-being, yet continue to measure success almost exclusively through output. Until incentives align with health, competitors will continue to internalize the message that their value is conditional.

## The Silent Aftermath of “Success”

Winning does not always bring relief. In many cases, it brings emptiness. Athletes who reach long-sought goals often describe a sudden loss of direction. Professionals who achieve career milestones find the satisfaction fleeting. The question “what now?” arrives quickly, and without preparation.

This phenomenon is particularly stark in Canadian sport, where careers can end abruptly due to injury, age, or funding cuts. When the structure that once gave

life meaning disappears, the psychological fallout can be severe. Without alternative identities or support systems, some struggle to adapt to life beyond competition.

The cultural narrative rarely addresses this aftermath. We celebrate the win, then move on. The person is left to manage the transition alone.

## Rethinking What Winning Means

The growing conversation around mental health in Canada suggests a shift is underway, but it remains incomplete. A healthier approach to competition does not mean lowering standards or abandoning ambition. It means redefining success to include sustainability, balance, and humanity.

Winning should not require self-erasure. Excellence should not demand emotional isolation. The challenge is not to eliminate pressure, but to ensure it is paired with support, perspective, and realistic expectations.

Some programs are beginning to model this change—integrating mental skills training, encouraging rest, and acknowledging vulnerability as part of growth. These efforts are promising, but they remain exceptions rather than norms.

## A Culture at a Tipping Point

# TOO GROOVY

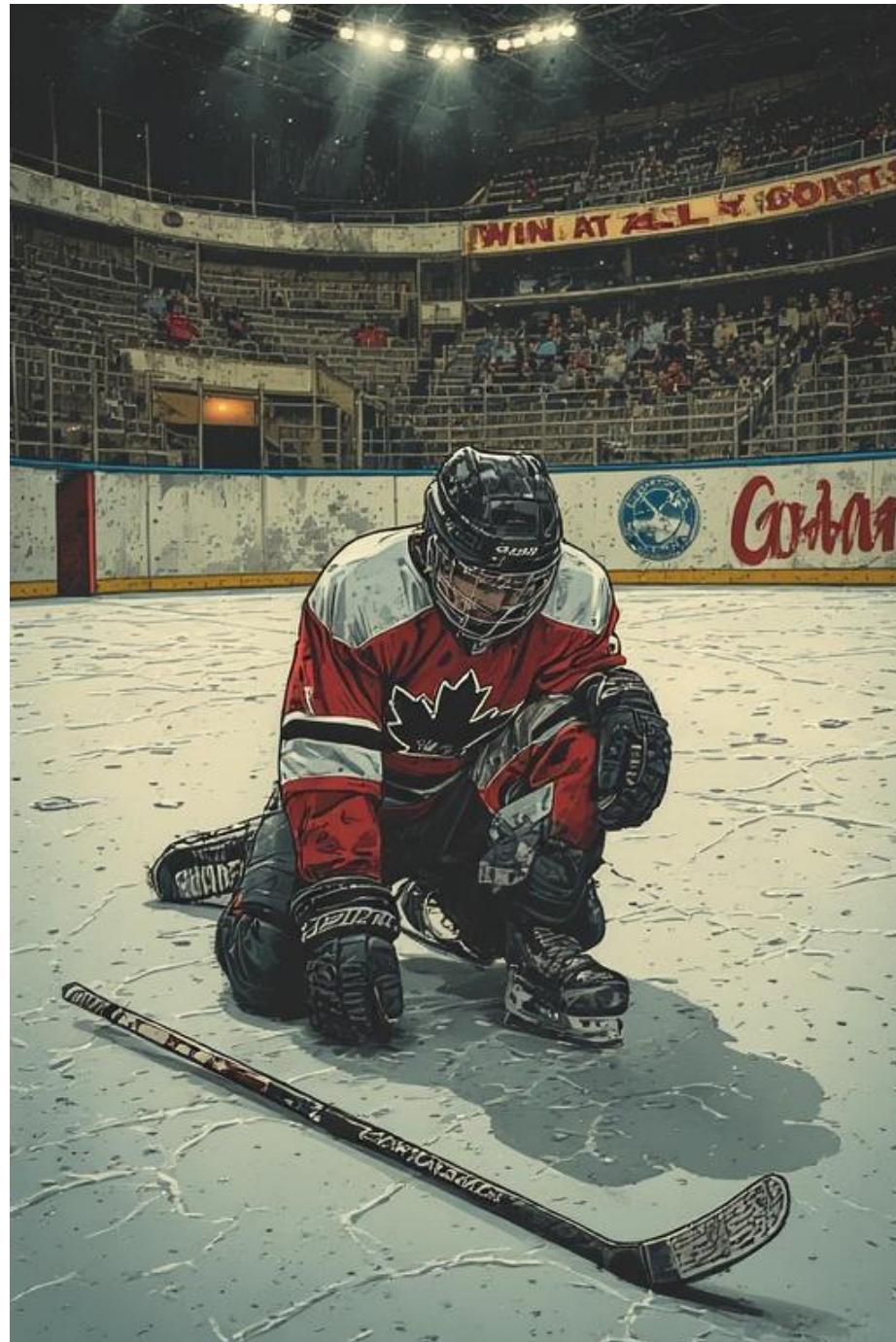
JANUARY 18, 2026 | ISSUE 001

ISSUE 001

Canada's relationship with competition is at a crossroads. The costs of the current model are becoming harder to ignore, visible in rising burnout rates, mental health crises, and quiet exits from high-performance paths. The question is whether the country is willing to listen.

Winning will always matter. But if winning continues to hurt this much, the system itself deserves scrutiny. True strength lies not in enduring endless pressure, but in building environments where people can compete fiercely without losing themselves in the process.

The future of Canadian excellence may depend not on how hard we push, but on how well we protect the minds behind the effort.



# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

The psychological effect is profound.

## Survival Mode

### *Housing, Money, Identity — Redefining Success in Canada*

In Canada, the meaning of success is quietly being rewritten. Not in boardrooms or political speeches, but in kitchens, group chats, and late-night conversations where people admit—often reluctantly—that the old benchmarks no longer fit the reality they're living in. Homeownership, financial stability, and upward mobility were once framed as attainable milestones. In 2026, for many Canadians, they feel more like artifacts from another era.

What has replaced them is something less aspirational and more pragmatic: survival mode.

## When Stability Became a Privilege

Housing sits at the center of this shift. For decades, owning a home was considered both a rite of passage and a marker of adulthood. It symbolized permanence, responsibility, and success. Today, it often represents risk. Prices have outpaced wages for so long that even well-educated, fully employed Canadians find themselves locked out of ownership—or trapped in precarious rental situations with little security.



Housing instability does not just strain finances; it erodes identity. People delay

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

life decisions—having children, changing careers, starting businesses—not because they lack ambition, but because they lack a stable base from which to take risks. When shelter itself feels uncertain, everything else becomes conditional.

For renters facing rising costs and limited supply, the idea of “getting ahead” has been replaced by the more modest goal of “not falling behind.” That shift alone has redefined success.

## Money Without Momentum

Canada is not lacking work, but it is increasingly lacking momentum. Many Canadians are employed yet financially stagnant. Wages struggle to keep pace with inflation, while essential costs—housing, food, transportation—continue to rise. The result is a growing class of people who are busy, productive, and exhausted, but not meaningfully progressing.

This reality has fractured the traditional relationship between effort and reward. Working harder no longer guarantees a better outcome. Saving diligently no longer ensures security. For younger generations especially, this disconnect fuels frustration and quiet disillusionment. The rules they were taught no longer apply, but no clear alternative has replaced them.

Debt, once seen as a temporary tool, has become a permanent fixture. Student loans, lines of credit, and credit cards bridge gaps that wages no longer cover. Financial survival becomes a constant balancing act, requiring vigilance rather than long-term planning. Success, in this context, is measured less by accumulation and more by endurance.

## The Identity Crisis Beneath the Numbers

Economic strain is often discussed in dollars, but its deepest impact is psychological. In Canada, identity has long been tied to productivity and self-sufficiency. Being “on track” meant meeting certain milestones by certain ages. As those milestones slip out of reach, many experience not just stress, but a crisis of self-worth.

People internalize systemic problems as personal failures. They question their choices, their ambition, their value. The language of success—career ladders, property ladders, wealth-building—has become exclusionary, even alienating. Those who don’t climb feel invisible, despite doing everything asked of them.

This has led to a quiet re-evaluation of what a meaningful life looks like. If traditional success is unattainable or unsustainable, is it still worth chasing?

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

## Redefining Success on New Terms

In response, Canadians are redefining success in smaller, more human ways. Stability matters more than status.

Flexibility matters more than titles.

Mental health is increasingly valued over relentless hustle. For some, success now means manageable rent, time with family, or work that doesn't consume their identity.

This is not resignation—it is adaptation. Survival mode is often framed negatively, but it can also be a catalyst for clarity. When excess falls away, priorities sharpen. Many are choosing community over competition, balance over burnout, and realism over illusion.

Yet this redefinition is not without tension. Opting out of traditional success narratives can feel like failure in a culture that still celebrates them. People find themselves straddling two worlds: one that no longer works, and one that is still taking shape.

## The Uneven Geography of Survival

The experience of survival mode varies across Canada. In major urban centres, housing dominates the conversation. In smaller cities and rural areas, employment precarity and access to services loom larger. Indigenous communities face compounded

challenges rooted in historical and ongoing inequities. Newcomers navigate a system that promises opportunity but often delivers instability.

What unites these experiences is uncertainty. Planning beyond the short term feels risky when conditions shift constantly. The future, once imagined as a linear progression, now feels fragmented and conditional.

## What This Moment Demands

Redefining success is not just a personal exercise; it is a collective one. Canada's institutions—governments, employers, financial systems—were built around assumptions that no longer hold. If survival mode becomes the norm, the cost will not just be economic, but social.

A society where people are constantly managing stress and scarcity has less capacity for creativity, civic engagement, and long-term thinking. Redefining success must eventually move beyond coping and toward rebuilding structures that support stability, dignity, and possibility.

That requires honesty. About housing markets that prioritize investment over shelter. About labour systems that reward insecurity. About narratives that blame

# TOO GROOVY

JANUARY 18, 2026 | ISSUE 001

ISSUE 001

individuals for structural failures. Without that reckoning, survival mode risks becoming permanent.

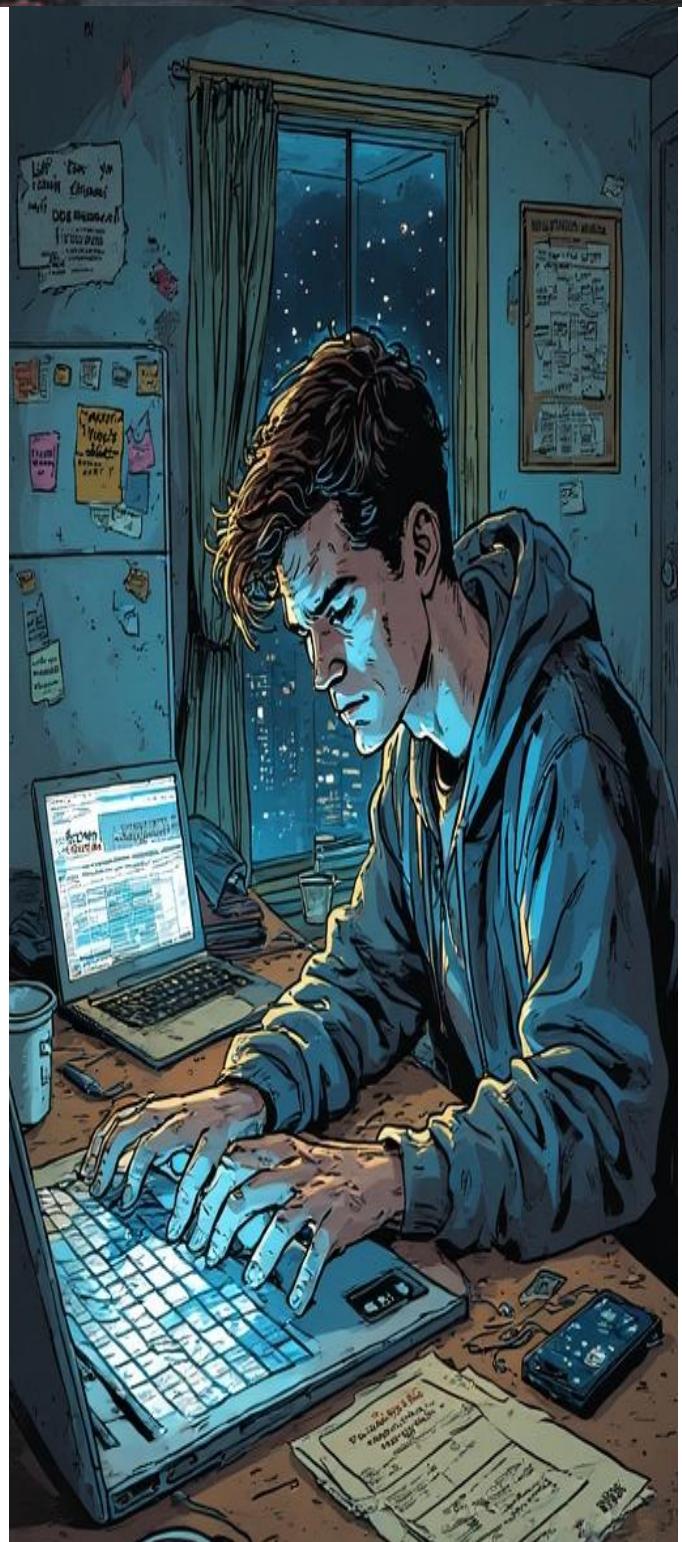
## A Different Kind of Ambition

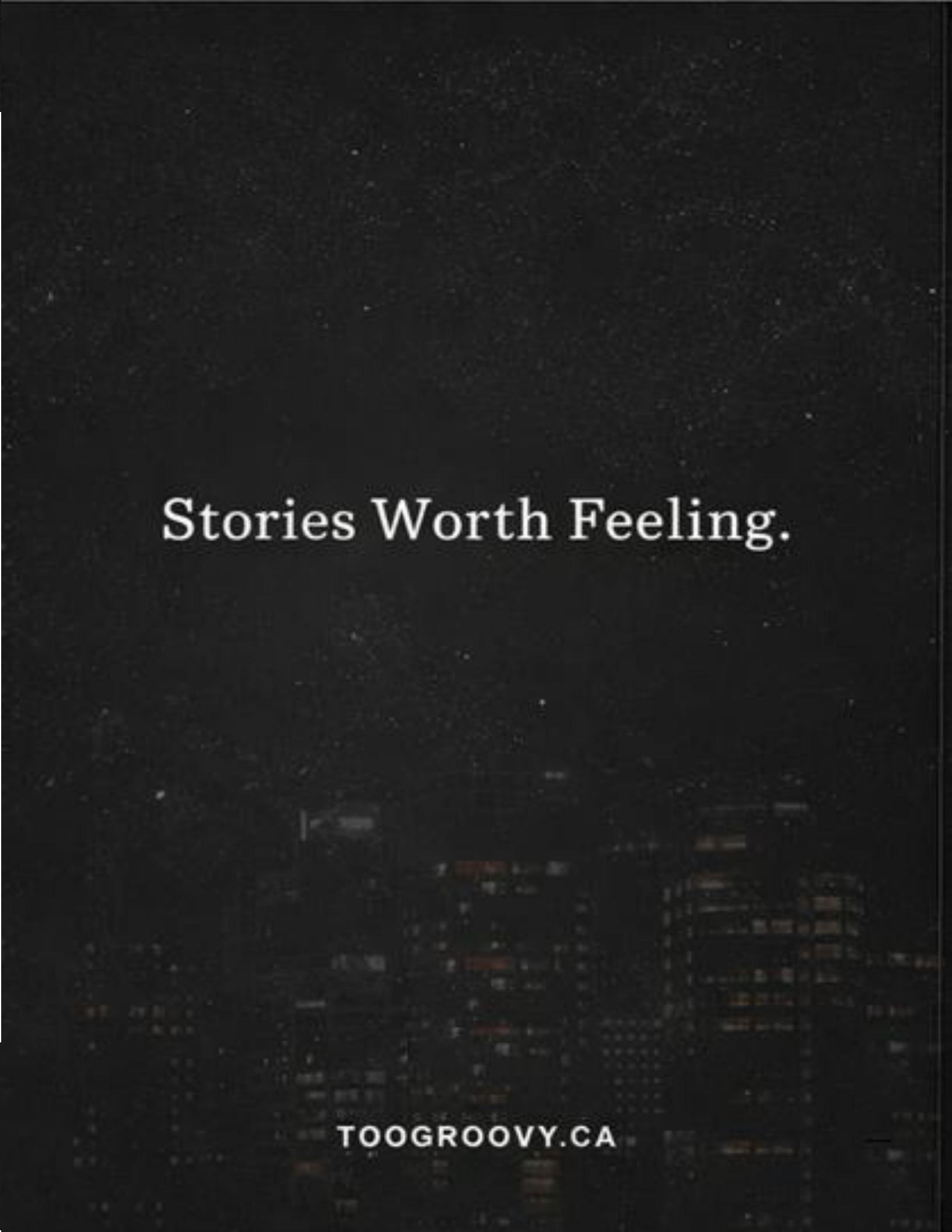
Despite the challenges, there is resilience in this moment. Canadians are not abandoning ambition; they are reshaping it. The goal is no longer endless growth, but sustainable living. Not winning at all costs, but living well enough.

Success, redefined, may look quieter than before. It may not photograph well or fit neatly into resumes. But it reflects a deeper understanding of what people need to thrive, not just survive.

In 2026, Canada stands at an inflection point. The question is not whether success has changed—it already has. The question is whether the country will recognize that shift and respond, or continue measuring progress by standards that no longer reflect lived reality.

For now, many remain in survival mode. But within that reality lies the blueprint for a more grounded, honest definition of success—one rooted not in accumulation, but in stability, connection, and the possibility of a future that feels livable again.



A dark, grainy, high-contrast image of a city skyline at night. The lights from buildings and street lamps are reflected in the water in the foreground, creating a moody and atmospheric scene.

Stories Worth Feeling.

TOOGROOVY.CA