

# 7 healthy habits for investors in volatile markets



## **Commit to a plan, despite volatility**

Feeling anxious when the stock market drops is a natural response to volatility. That's why it's important to stay committed to your long-term plan, and only make investment decisions when you are thinking rationally.



## **Seek guidance**

Your advisor is there to listen and provide guidance. They will help you keep your emotions in check as you navigate the ups and downs of the market, together.



## **Tune out market noise**

Market noise can persuade you to make changes that negatively affect your long-term plan. That's why it's important to tune out the noise and stay focused on your long-term plan.



## **Don't try to time the market**

Try and resist the urge to time the market. Guessing what's ahead is not a sound investment strategy. Your advisor has research that illustrates this point.



## **Don't take daily 'stock' of investments**

When you look at your investments every day, you end up focusing on the short-term. Your advisor performs regular due diligence and will alert you to any changes. That helps you remain focused on your long-term goals.



## **Market predictions can be inaccurate**

Markets are unpredictable. That's why you shouldn't pay attention to people who try and predict the future. Take comfort in knowing that your portfolio is diversified and you own quality investments.



## **Prepare for ups and downs**

When you initially met with your advisor, you discussed your tolerance for volatility. Your portfolio was built with your specific tolerance level in mind. As an investor, it's important to remember that the market fluctuates.