

October 19, 2018



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## Volatility Returns: What To Do Now

Hello,

Last week volatility returned to the markets. You might be wondering, is this the start of a bear, or just a scare? One thing is certain - markets naturally go up and down. Over the long run, we all know they go up a lot more than they go down. But in these times of market volatility, it can be stressful on all of us. The key to managing stress from fluctuations in the market is to ignore the noise.

We created your portfolio based on your long-term goals and to make sure you are well diversified, so you don't need to worry about occasional market dips which newspapers and other media tend to sensationalize. Investing is about long-term returns, not short-term ratings.

In fact, stocks are actually on sale, so now could be a good time to go shopping. Although significant market dips can be attention-grabbing, they can also present a buying opportunity.

Please let me know if you want to discuss anything at all, from market news to specifics about the portfolio we have implemented.

Please feel free to share these articles with your friends and family. They are excellent conversation starters.



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