

STOCK MARKET VOLATILITY

YOUR FINANCIAL WELLNESS IS OUR PRIORITY



Current events sometimes influence market behaviour to the point of creating significant stock market turbulence. For many, these situations are a source of questioning, uncertainty, or even stress. Here are some answers to questions you may have when the stock market is in turmoil.

Is it normal to worry or panic?

Yes, it's normal, but panic is a very bad advisor. It's important not to give in to panic because it can lead to rash and bad decisions. You could enter or exit the stock market at the wrong time, which could reduce your investment returns.

How should I react?

Keep a cool head and avoid hasty decisions. Don't be tempted to change all your retirement savings, as it is often those who stay focused on their long-term strategy that do best and achieve their financial goals.

Is there a watchword?

Yes: patience. Impatience and finance do not mix well, and Warren Buffett, a renowned economist, once said that the stock market is a device for transferring money from the impatient to the patient. He also advised not to be blinded by media headlines. In the short term, continuing to invest in an unstable environment can be difficult, but in the long term, it's a winning proposition.



How can I prepare to stay the course when the stock market is yo-yoing?

When investing your retirement savings:

- Make a long-term plan
- Diversify your investments
- Take advantage of systematic savings (contribute by payroll deductions or bank withdrawals)

Can we learn from past experiences?

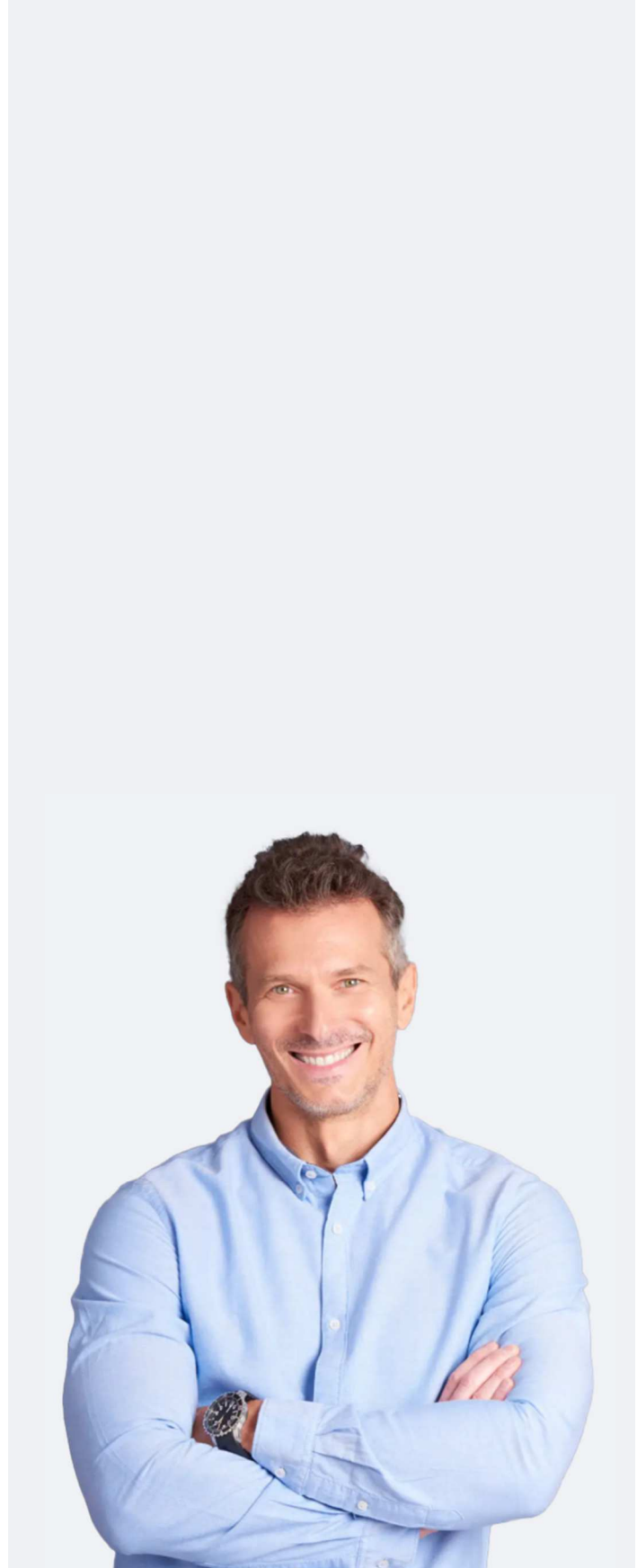
Yes. For instance, when the world faced the SARS (2002-2004) and H1N1 (2009) epidemics, stock markets suffered a significant slowdown because many people started choosing safer, yet lower-yield investments. However, this investment shift was short-lived, as markets quickly made up the deficit as soon as the epidemic was contained... and those who had been patient achieved nice profits. It is cyclical: markets can be somewhat of a roller coaster ride, but what goes up eventually comes down, and vice versa.



Economist
Benjamin Graham said
“An investor’s worst
enemy is not the stock
market but one’s self”.

What can I do if I need help?

Discuss your situation with a financial advisor. If you don't have one, remember that only a certified professional is qualified to provide you with financial advice.



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