



Strategies for a Turbulent Market

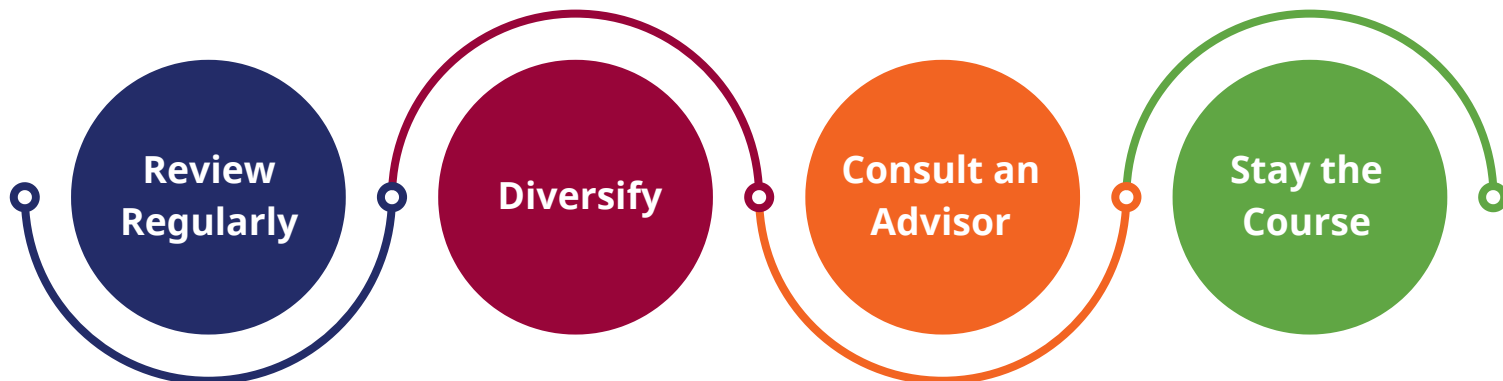
While watching your retirement account grow during market highs is exciting, a volatile market can be alarming. Experiencing a market dip can be disheartening - leading to impulsive decisions like stopping contributions, changing investments and stressful, sleepless nights reviewing your account.

Keep Emotions Out of Your Investment Strategy

When the market drops, it's tempting to act with emotion and move into more conservative investment options. This strategy can be detrimental to account growth. Investors that do this are locking in a loss and selling their investments at a low share price. Since we don't know exactly when the market will recover from a downturn, reactionary investors tend to miss out on market rebounds. Once the market stabilizes, they jump back into the market and re-buy their previous investments, often at a higher price. By trying to time the market, these investors are actually selling low and buying high, which can greatly impact their overall account balance.

**We can't predict the future, but one thing is for certain —
The market *can* and *will* fluctuate.**

Creating and sticking to your investment strategy can help you weather even the roughest ride. Below are some common strategies to employ during volatile markets.



The best defense against market downturns is to stay calm, maintain a proactive strategy.



Review Your Account Regularly

Not-so-breaking news: the media often sensationalizes stories to capture bigger audiences. Before making assumptions about the effects of current market conditions, take a moment to assess how they influence your account.

A helpful resource for this is your personalized statement on demand. You can access it by logging into your account at u.bpas.com, selecting **My Account**, then **Statements**. By looking at different date ranges, you'll be able to determine whether market fluctuations are impacting your account, which may guide your decision on whether to take any action.

Diversify

Diversification, the strategy of spreading your money over a variety of uncorrelated investments, can be beneficial during times of market uncertainty.

By diversifying your portfolio with different asset classes, some investments may withstand downturns better than others. Since no one can predict which investments will excel at any moment, having a mix across various market segments can help mitigate risk, safeguard your interests, and stabilize your returns. Most experts agree that a diversified portfolio combined with a time horizon of 3-5 years can weather market fluctuations.

Talk with your Financial Advisor

If you're thinking about making adjustments, it's wise to consult your financial advisor first. They can help ensure that any potential changes align with your overall investment strategy.

While many investors can weather market fluctuations, if you're feeling particularly anxious or nearing retirement, your financial advisor might recommend altering your strategy to better match your updated risk tolerance.

If you're unsure who your advisor is, your HR team can guide you to the appropriate advisor for your plan.

Stay the Course

Investing in the stock market should always be considered a long-term strategy. While fluctuations are inevitable, they are usually only temporary. The most important thing is to remain committed to your plan. Make it a habit to regularly review your account, not just when the market hits an unusually high or low point; this will help strengthen your strategy. Set a future date to evaluate your investments with a fresh perspective. After that, consult your financial advisors to make informed decisions regarding your account.