Markets in Perspective

After years of positive returns, looking further back in history provides important reminders about stock market behavior. It’s impossible to know when the ups and downs will occur, but having a long-term investment plan in place can help you avoid emotional reactions to market events.

More Ups and Downs? Yes and No.
Number of days the S&P 500 Index went up or down by 2% or more

Take a look further back—you’ll see that the market’s relative calm from 2012-2017 was unusual.

Tips for Navigating the Market’s Ups and Downs

No matter how many times we hear that market sell-offs are “normal,” the experience can be unnerving. However, history shows that markets have recovered after periods of declines—and even rewarded those who remained invested.

Jumping In and Out of Stocks May Cost You

Impact of missing a few days of a market rally

- Missed 30 Best Days
  - Growth of $10,000: $8,098
  - Market Fluctuation: 100%

- Missed 20 Best Days
  - Growth of $10,000: $12,199
  - Market Fluctuation: 100%

- Missed 10 Best Days
  - Growth of $10,000: $19,414
  - Market Fluctuation: 100%

- Invested throughout time period
  - Growth of $10,000: $38,900
  - Market Fluctuation: 100%

Bond Values Have Improved When Held Longer

Percentage of time a five-year Treasury investment increased in value

- 1 Year: 90%
- 2 Years: 97%
- 3 Years: 99%
- 4 Years: 100%
- 5 Years: 100%

Weathering the Storms

Many investors have benefited from nearly a decade of remarkable market gains and low volatility. Such a backdrop is unusual and likely to revert to historical norms. For those close to retirement or other major financial goals, it may be a good time to reevaluate your portfolio’s level of risk.

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