

Losing sleep over the stock market?

You have retirement savings. You've invested in the stock market to further grow your savings. Dealing with the regular ups and downs of the market can sometimes impact your peace of mind. Add on the increased stress caused by events such as COVID-19, and you may actually be losing sleep due to worrying about your investments.

While you may feel like now is the time to sell, more often than not, the best thing you can do is keep a level head and **stay the course**.

While markets may have a bad day, week, month or even a bad year, history suggests you are more likely to reach your long-term goals if you remain invested. Plus, when you move your money out of an investment and miss that investment's best performing weeks, it can seriously affect your savings. Consider this:



Source: Morneau Shepell, 2019

Why has investment performance fluctuated?

There are lots of factors that have made the investment market volatile in 2020. Here are some of the reasons why we are seeing negative returns:



Unprecedented global impact of COVID-19



Battle for control over the global oil market

You can take steps to reduce risk

While it can be nearly impossible to predict the market...

... **diversification** is a useful technique that may help you manage risk.

To “diversify a portfolio” is to invest in different types of assets such as stocks and bonds, so that you have a mix of risks and potential returns. When your stocks perform poorly, your bonds should balance out the impact, and vice versa.

Although ups and downs are normal when it comes to investing, especially over the short term, it’s important to review your investments from time to time to make sure you’re comfortable with your choices. To do so, please sign-in to your Lawyers Financial Investment Program account and access your risk and allocation tool. Once you find a strategy that meets your needs and your comfort with risk – stick with it.

If you would like to discuss your financial plan, at no additional cost, please feel free to contact your advisor or contact the Lawyers Financial Investment Program call centre at 1.866.497.9091 (MONDAY TO FRIDAY, 9 AM TO 5 PM ET).