Seven tips to help you weather volatile markets

Emotions can run high during periods of increased market volatility. Thankfully, there are tips to help you ride out the storm and keep your long-term financial goals on track.

1 Commit to a plan, despite volatility

Feeling anxious when the stock market drops is a natural response to volatility. That's why it's important to stay committed to your long-term plan and resist making emotional investment decisions.

2 Seek guidance

Your financial advisor's there to listen and provide guidance. They can help you keep your emotions in check and your investments on course during the ups and downs of the market.

3 Tune out market noise

Market noise can persuade you to make changes that may negatively impact your long-term plan. That's why it's important to tune out the noise and stay focused on your long-term goals.

4 Don't try to time the market

Historically, markets are resilient, despite volatility. Trying to guess what's ahead isn't a sound investment strategy. When it comes to successful investing, it's about time in the market, not timing the market.

5 Don't take daily 'stock' of investments

When you check your investments every day, it's hard not to focus on the short-term. Remember, your advisor performs regular due diligence and will alert you to any changes, so you can stay focused on your long-term goals.

6 Market predictions can be inaccurate

Markets are unpredictable. That's why it pays to focus on what matters most: that your portfolio is diversified, with quality investments.

7 Prepare for ups and downs

As an investor, it helps to understand that markets fluctuate. Remember, when you first met your advisor, you discussed your tolerance for volatility, and your advisor built your portfolio to reflect that.

Talk to your advisor about riding out the storm and keeping your long-term financial goals on track.

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