



Recent market volatility leaves us all a little nervous about our investments and how their performance will impact our ability to be 'retirement ready'. Keeping in mind that no one really knows what the future may hold and everyone's financial situation is different, here is some general advice regarding your retirement savings and investment strategy.



### Should I change my investment strategy as a result of COVID-19?

Do not change your portfolio based only on recent market volatility. Your strategy should be reviewed if there were recent changes in your circumstances or if your portfolio was not appropriately allocated before the pandemic.



### How do I recoup lost retirement funds?

It is important to stay focused on the things that you can control, such as how much you are saving out of every paycheck. Long-term strategies will continue to create value for savers over time and the benefits of buying into the market during low periods will assist with that strategy.

## Key Strategies

1

### Do not change your investment strategy based on the headlines

Timing the market is challenging to do and making decisions out of fear instead of based on the fundamentals often results in investors making the wrong decision at the exact wrong time. A better longer-term decision is to set your financial goals and build a portfolio based on your circumstances.

2

### Only adjust your strategy based on changes in your circumstances

Everyone's investment strategy should be different based on their financial situation and time horizon until retirement. If your investment strategy was aligned with your circumstances and goals before the pandemic, it is still right for you. It would be appropriate to chat with a financial advisor to review your strategy before making any changes.

3

### Continue to make regular contributions

If you have been regularly contributing to your retirement plan, you have been buying investments while they were essentially on sale. Please stay focused on how much you are saving and continue making regular contributions; these actions alone can lead to better retirement outcomes.

4

### Work with a professional

A financial advisor can offer guidance to help you focus on actions that add value, and this can lead to a better investment experience.

A financial advisor can help you:

- Create an investment plan to fit your needs and risk tolerance
- Structure a portfolio along the dimensions of expected returns
- Diversify globally
- Manage expenses, turnover, and taxes
- Help you stay disciplined through market dips and swings