

# BUILDING BLOCKS FOR RETIREMENT

## Investment Strategy

### What Should I Do? Volatile Times in the Markets

An extended period of volatility in the investment markets can test even the coolest heads. Dealing with volatility can be difficult for experienced as well as novice investors. These time-proven tips can help you and your portfolio survive the recent volatility and future market turbulence.



#### Keep a Long-Term Perspective

Don't allow the market's ups and downs to make you lose sight of the reason you are investing in the first place: your future retirement. When you have many working years ahead of you, retirement is a long-term goal. Over the long term, stocks have historically earned higher returns than more conservative investments, such as bonds and cash.\* While there is no guarantee that history will repeat itself, the record shows us that a recovering and growing stock market has always

followed bear market declines.

#### Review Your Asset Allocation\*\*

As a retirement plan investor, you can diversify on multiple levels. When you invest in a fund that holds multiple individual securities, you can obtain a measure of diversification.\*\* You can further manage the risk level in your portfolio by investing in different asset classes. The theory behind diversification is that declines in one investment or asset class can be offset by the performance of other investments and asset classes that do not decline or decline only marginally.

#### Want More Information?

Your retirement plan may have tools and educational resources for investors that can help you choose an asset allocation and put volatility into perspective. For additional help, consider talking to a financial professional, who can help you monitor your progress with your retirement savings and in other areas of your financial life.



<b>A Long View on Stock and Bond Returns</b> Average annual total returns for the period ended 12/31/2019		
	<b>Stocks</b>	<b>Bonds</b>
20 Years	6.06%	5.03%
10 Years	13.56%	3.75%
5 Years	11.70%	3.05%
1 Year	31.49%	8.72%
<i>Source: DST Retirement Solutions, LLC, an SS&amp;C company</i>		
<i>Stocks are represented by the S&amp;P 500, an unmanaged index that is generally considered representative of the U.S. stock market. Bonds are represented by the Bloomberg Barclays U.S. Aggregate Bond Index, an index that measures the U.S. investment grade, fixed-rate taxable bond market. It is not possible to invest directly in an index. Past performance is not a guarantee of future results.</i>		

**Source/Disclaimer:**

*\*Past performance is no guarantee of future results. Stock investing involves a high degree of risk. Stock prices fluctuate, and investors may lose money.*

*\*\*Asset allocation and diversification do not ensure a profit or protect against loss.*

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