



# Maintain your balance and ride out market volatility

Investing in a diversified portfolio of mutual funds is a smart way to pursue your long-term goals, but it does mean you'll face some volatility at times. We want to make that easier for you by summarizing what volatility is and how you may want to respond to it.

# Know what market volatility is and how it can affect your portfolio.

Market volatility refers to when groups of stocks or bonds rapidly change price — up or down — over a relatively short timespan:



Lower volatility is when the price change is slower, less significant and over a longer period



**Higher volatility** is when the price change is faster, more significant and over a shorter period

These rapid price changes in the broader market frequently will have a significant impact on the value of your portfolio.

# Understand that volatility is a normal part of investing.

Watching your portfolio value go up and down isn't easy, but it's a normal part of investing in the markets. In fact, we've seen periods of increased market volatility throughout the long history of the stock and bond exchanges in the United States:

- Periods of volatility typically correspond to economic and political events
- It's best to expect some volatility and know how you want to manage your investments when it happens

# Refer to these tips when the market gets more volatile:

- # Stay calm through the ups and downs
  - Make sure you temper your expectations for growth, and remember that bad years are generally balanced by good years.
- See the opportunity with market losses

  By continuing to invest regularly during a down market, you'll often be able to buy more of your chosen investments with the same amount of money as before.
- Resist the urge to react too quickly

  Don't let market fluctuations alone make you change investments. History shows that the impact of short-term market losses diminishes over longer investment time frames.
- #4 Don't check your portfolio too often

  Reviewing your allocations and making necessary changes periodically is smart, but checking too often may lead to hasty decisions that negatively impact your returns.
- Forget short-term losses in the past

  Don't dwell on how much more your portfolio was worth a month ago. Unless you sell, the "losses" are only on paper, and long-term investing historically leaves plenty of time for recovery.

Of course, you should always keep in mind that investing involves risk, including the possible loss of principal.

### Remember that your advisor is there to help you.

Whenever there's increased volatility in the markets, it's probably most important to remember to consult with your financial advisor:

- Tolerance for risk and volatility is a personal thing, and your advisor can help make sure your portfolio remains aligned with your comfort level
- Certain investment strategies have the potential to reduce the volatility you experience with your portfolio



For insights about current market conditions, visit nationwide.com/mutualfunds and talk to your financial advisor.



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MFM-2352AO.3 (05/19)