tips for managing investments in uncertain times



Volatility is normal in long-term investing It is inevitable and the result of investors reacting to economic, political and corporate factors. Be prepared for volatility, and you'll likely react rationally.

The benefits of regular investing stack up Making smaller investments at regular intervals, known as dollar cost averaging, can help you lower the average cost of your



Reinvest income to increase total returns

Reinvesting dividends can provide a considerable boost to total returns over time, thanks to the power of compounding. Be disciplined and patient.

Diversification helps smooth returns Investments vary in risk and volatility. Diversifying your portfolio across asset

classes, sectors and regions, can

help to reduce the effect of volatility.

investments.

Don't be swayed by sweeping sentiment The popularity of investment themes ebbs and flows. Take a discriminating view and don't allow the euphoria or pessimism of the market to cloud your judgement.

Avoid stopping and starting investments Remain invested during volatility and you can typically benefit from the market's long-term upward trend. Time, not timing, is the key to investing.

over the long term While equities carry a higher risk than cash or government bonds, data shows that over time, investors are rewarded for the extra risk they take.1

Risk is usually rewarded

Corrections can create attractive opportunities Corrections are a normal part of stock markets and are often a good time to invest in equities, because valuations become more attractive.

> Invest in quality stocks for income potential Sustainable dividends paid by high quality, cash-generative companies are attractive during volatility, as they may offer regular income.

Active investing can be a very successful strategy At Fidelity, we believe strongly in active management. Our bottom-up approach means we are well positioned to invest during bouts of market volatility.

1 Source: Barclays Equity Gilt Study 2022

10



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