

Hello, so we understand that a drop in the stock market or a sideways market could be very stressful for some. Unfortunately, too often we see investors wanting to sell out of their portfolios to mitigate the losses, but oftentimes history has told us that the rebound of a sideways market, or a down market for that matter, is generally right around the corner. So, let's go ahead and take a look and back that up with some statistics. So, let's go ahead and review history here for a minute.

According to the S&P 500, going back to 1950, this chart lists the 15 worst days in the market. In the middle here, it lists the 15 worst months in the market. And then on the far right, we take a look at the 15 worst three months of the market, going back to 1950 again. And what you'll see in almost every instance is that one year later, the markets have given us a pretty decent return. So again, this kind of further explains that, you know, if we can stay disciplined and remove a motion out of the equation, history has told us that, you know, the markets will recover and, and continue to move forward.

Now, if you know, if you need our help optimizing the portfolio that you are managing and making sure that you're positioned you know, to participate in the recovery. That's an entirely different conversation and we'd be happy to take a look and discuss it with you. So, if you have any questions reach out to us and we're always available. Take care now.