

Public Enemy had it right with don't believe the hype. And this is why I find it difficult to like the media. There's no consistency. It's all opinions and it's very, very confusing to the consumer. So in a matter of two days, the markets are either going to go up by 25% or drop by 40%. Thanks idiots. Very, very helpful. And furthermore, whether you're an optimist or an Eeyore, will actually determine which headline you'll click which can oftentimes feed to your own false narrative. So as a reminder, we've actually listed a few bullet points here. Headlines can often be clickbait. Be wary of the extreme headlines. A lot of publications have one author with one opinion and very little outside story. And understand that a large part of our day is actually spent helping people make rational decisions about their portfolios and staying focused on the long term.

So if you get kind of caught up with headlines, the news, what your friends might be talking about, and it has you just a little bit concerned, feel free to give us a call and we'll be happy to kind of talk you through this so that you make logical and rational decisions. Take care and all the best.