NAVIGATING

MARKET VOLATILITY

ADVISORY GROUP OF THE ROCKIES

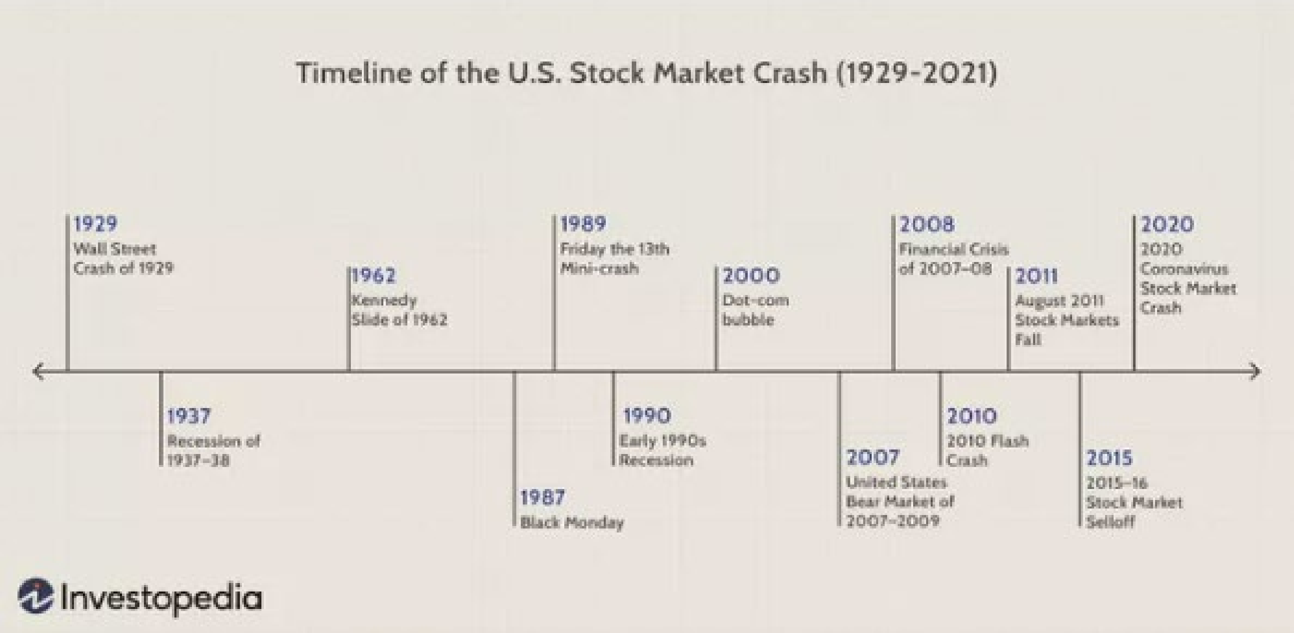
From the end of the Great Recession through 2021, investors grew accustomed to significant growth

Volatility has been jarring for investors dating back to the 2020 Coronavirus crash

Since 1942, there have been 15 Bull Markets & 15 Bear Markets

The average Bull Market lasts 4.4 years with an average cumulative return of 155.7%

The average Bear Market lasts 11.3 months with an average cumulative loss of -31.4%



HISTORY OF U.S. BEAR & BULL MARKETS

History of U.S. Bear & Bull Markets

Daily Returns Since 1942

First Trust

This chart shows daily historical performance of the S&P 500 Index throughout the U.S. Bull and Bear Markets since 1942. We believe looking at the history of the market's expansions and recessions helps to gain a fresh perspective on the benefits of investing for the long-term.

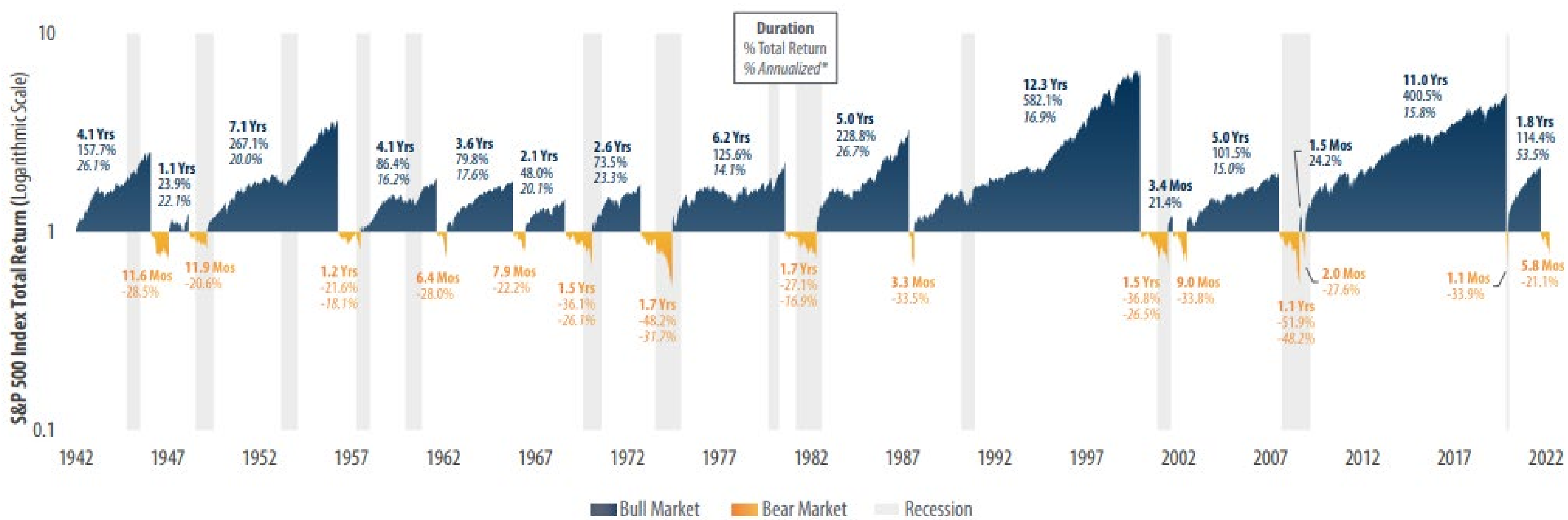
- The average **Bull Market** period lasted 4.4 years with an average cumulative total return of 155.7%.
- The average **Bear Market** period lasted 11.3 months with an average cumulative loss of -31.4%.

BULL

From the lowest close reached after the market has fallen 20% or more, to the next market high.

BEAR

When the index closes at least 20% down from its previous high close, through the lowest close reached after it has fallen 20% or more.



Source: First Trust Advisors L.P., Bloomberg. Daily returns from 4/29/1942 - 6/30/2022. *No annualized return shown if duration is less than one year. **Past performance is no guarantee of future results.** These results are based on daily returns--returns using different periods would produce different results. The S&P 500 Index is an unmanaged index of 500 companies used to measure large-cap U.S. stock market performance. Investors cannot invest directly in an index. Index returns do not reflect any fees, expenses, or sales charges. This chart is for illustrative purposes only and not indicative of any actual investment. These returns were the result of certain market factors and events which may not be repeated in the future.

The information presented is not intended to constitute an investment recommendation for, or advice to, any specific person. By providing this information, First Trust is not undertaking to give advice in any fiduciary capacity within the meaning of ERISA, the Internal Revenue Code or any other regulatory framework. Financial professionals are responsible for evaluating investment risks independently and for exercising independent judgment in determining whether investments are appropriate for their clients.

What To Do

- Inform yourself through reputable resources and contact your trusted advisors.

- Use Dollar-Cost-Averaging, diversification, asset allocation, rebalancing, tax gain and loss harvesting, and other investment strategies to position yourself in the best manner. If you're unsure of how to implement these strategies or whether or not you're currently utilizing these, give us a call.

- Firm up your timeline for your various financial goals. Your time horizon greatly influences your risk tolerance and how much runway you have for navigating market volatility. This is very important when considering your investment strategy and is a topic we cover at least annually to ensure your objectives are still aligned with your investments.

What Not To Do

- Don't be a stranger! We are here to answer your questions, understand your concerns, and adjust your planning and investments if necessary.

- Panic-driven and emotional selling. Yes, this may alleviate some pain of short-term losses, but you very well could miss out on the market's strongest days to recover.

- Timing the market. It's nearly impossible to predict when the market is at its highest high or lowest low. Couple that with human emotions and it makes for the perfect storm. You may achieve perfect timing once, but the odds of repeating that success are very slim[1]:

[1] Putnam Investments. "Stay invested so you don't miss the market's best days." https://www.putnam.com. Accessed Sep 28, 2022.

NEXT STEPS

We're here to partner with you. You deserve more confidence in your financial planning & investment strategies.

AGR | ADVISORY GROUP OF THE ROCKIES