

Keeping Emotions in Check

Jul 11 2022

We have experienced a long bull market over the last 13 years and markets always move in cycles. With inflation running rampant and war in Ukraine, oil and gas prices have skyrocketed. Oil being the main factor in increasing the prices for everything from food to the services industry.

Here are a few articles to help keep your investment emotions in check in times of extreme volatility:

[Enter, Exit, or Stay Put?](#) [1]

[Fidelity - History of Events](#) [2]

[Staying the Course in a Bear Market](#) [3]

[Systematic Saving Offers Nothing but Advantages](#) [4]

We believe that we are going to see a bottom of the stock market very soon and now is the time to stay the course.

Selling your investments now may lead to missing out on a major upturn in the markets. With the above articles, you can see that over time, markets always recover.

Its **OUR job** to protect your investments from **YOUR** emotions!

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Links

[1] <https://goplan.ca/files/enter-exit-or-stay-put.pdf> [2] <https://goplan.ca/files/fidelity-history-of-events-v2.pdf> [3] <https://goplan.ca/files/staying-the-course-in-a-bear-market.pdf> [4] <https://goplan.ca/files/systematic-saving-offers-nothing-but-advantages.pdf> [5] <https://goplan.ca/taxonomy/term/9>