Navigating retirement savings during volatile markets

Market volatility can startle even the most experienced investors. No matter where you are on your retirement path, it's important to keep the following in mind when deciding whether or not to remain invested.

New contributions may grow as markets start to recover

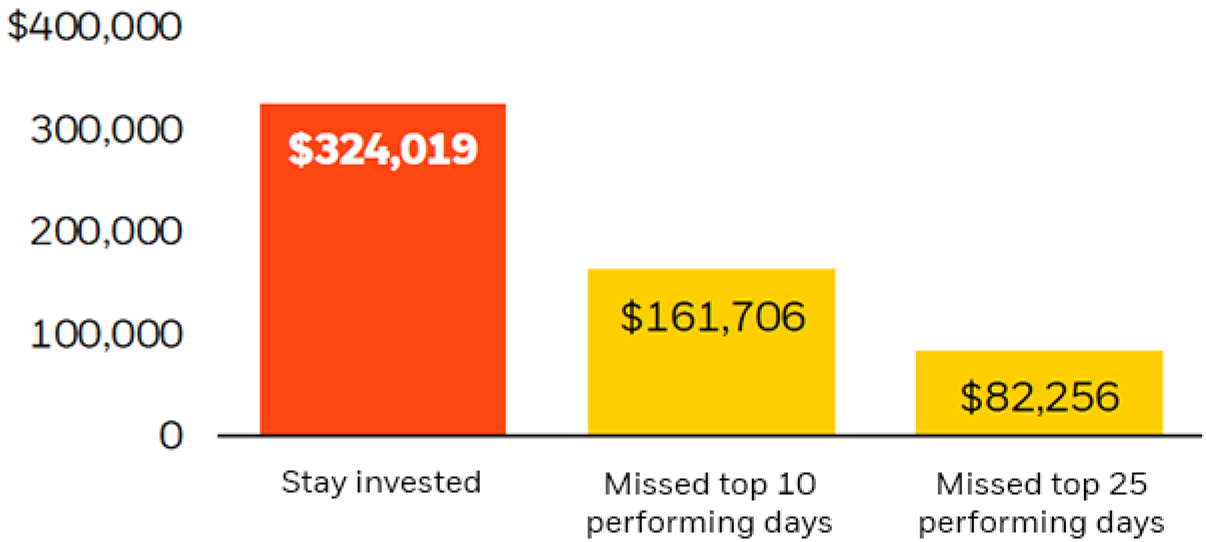
Investors who can continue contributing to their retirement have the potential to take advantage of market recoveries. For example, those who stayed in their plan from 2007 through 2013 saw their average account balances increase by 86%[1].

For illustrative purposes only. Past performance does not guarantee future results.

New contributions can take advantage of attractive pricing as the markets recover.

Staying invested in market downturns

Historically, market rebounds are concentrated in a few distinct spurts. We expect the market to rebound again, but we can't know exactly when that will happen.



Performance is hypothetical for the period from 3/2/2000 to 2/28/2020 and for illustrative purposes only. Past performance does not guarantee future results.

Consider the above chart, which shows the hypothetical return of $100K invested in the S&P 500 Index from March 2000 to February 2020 (yellow bar). To the right, you can see the impact of having missed top-performing days. Staying invested earned more than double that of the portfolio which missed the top 10 performing days.

Source: https://www.blackrock.com/us/individual/education/retirement-volatility-strategies