

When doing nothing is best

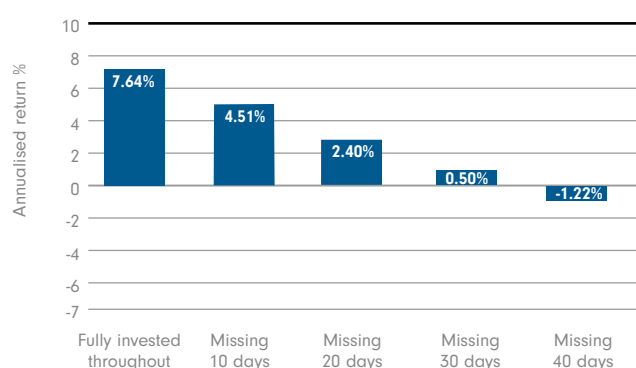
From time to time, stock markets go through periods of uncertainty. This could be down to some poor economic news or perhaps due to a political crisis. The sharp falls that can be experienced at such times are understandably unsettling for investors. They can even tempt some to change their long-term plan by selling their investments. However, stock market volatility does tend to be short lived. Therefore, most experts agree that investors are probably better off sitting tight through these unnerving periods.

Those who sell or delay making new investments when stock markets become uncertain are actually employing a strategy known as 'market timing'. The intention is often to invest once stock markets have calmed down or to buy when stock markets have gone even lower. This can be a very dangerous strategy.

Sharp falls in stock markets tend to be concentrated in short periods of time. Similarly, the biggest gains are often clustered together. It is also quite common for a large gain to follow a big fall (or vice versa). Accordingly, an investor who tries to anticipate when the best time is to invest runs a very high risk of missing the best gains. This can have a big impact on their long-term return.

To help illustrate this, we have analysed the average annual return from the UK stock market over the last 15 years. As the chart shows, missing just the 10 best days over this period would have cut your return substantially. Timing the stock market is extremely difficult, the best policy is usually to stay fully invested over the long-term.

FTSE All-Share: Effect of missing best days



Source: Refinitiv Datastream, from 29.01.2010 to 31.01.2025. Based on the annualised total return of the FTSE All Share in GBP terms.

- When stock markets become volatile, it is usually best to resist making changes to your long-term investment strategy
- It is too easy to miss the best gains when you try to time the stock market
- Time, not timing, is the key to investing

FTSE All-Share Index

How the index has performed over the last five years

	Jan 20 to Jan 21	Jan 21 to Jan 22	Jan 22 to Jan 23	Jan 23 to Jan 24	Jan 24 to Jan 25
FTSE All-Share	-7.55%	18.90%	5.20%	1.90%	17.06%

Source: Refinitiv Datastream, from 31.01.2020 to 31.01.2025. Based on total return of the FTSE All Share in GBP terms.

Please note that past performance is not a reliable indicator of future returns. The value of investments can go down as well as up, so you may get back less than you invest.

The value of advice

This information is not a personal recommendation for any particular investment. When making decisions about investing, we recommend that you consult with a financial adviser. An adviser will work with you to understand your needs and then offer broad-based advice to help you achieve your long-term goals.

