

[The Manulife Investment Management logo appears on the screen]

In times of market volatility, it can be all too easy to give in to our emotional instincts and run for the exits. But when the going gets tough, the tough get active.

When it comes to building a portfolio that can withstand the slings and arrows of a fickle market, diversification across sectors, geographies and even by underlying business drivers is key to help mitigate much of the impact. Real assets such as infrastructure and real estate tend to have a lower correlation to traditional asset classes like stocks and bonds, and have revenue drivers that are very different from traditional assets, so they often come into their own in times of market stress.

Similarly, we believe actively managed asset allocation solutions can provide effective and dynamic diversification, offering access to portfolios that are able to both generate alpha and offer protection from twitchy market sentiment. These might include safe-haven assets such as gold, select currencies, and U.S. Treasuries, all of which can offer ballast to a portfolio in choppy waters.

And remember that uncertainty is often caused by local economic drivers, so if volatility spikes in one region, it doesn't necessarily follow to other regions. This is where exposure to global equities can help, allowing investors to cast their nets wide in order to access the best opportunities from around the world.

While it may be easier said than done, when volatility spikes it's important that we check our emotions at the front door and stay focused on our long-term investment goals. Turmoil can often lead to opportunity, and historically, the patient investor has been rewarded by taking advantage. History has taught us that despite our emotional reactions, it makes sense to stay invested, particularly for those in it for the long haul.

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Manulife Investment Management

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