Investor resource:
A guide to market fluctuations

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Keys to prevailing through stock market declines

During periods of volatility in the stock market, you may have doubts about your long-term investment strategy. Here are five tips to help you avoid common pitfalls and stay on track toward achieving your financial goals.

1. Declines have been common and temporary occurrences.

Problem: Declines can cause imprudent behavior by filling investors with dread and panic.

Solution: Realize that declines are inevitable and have not lasted forever.

History has shown that stock market declines are a natural part of investing. While declines have varied in intensity and frequency, they have been somewhat regular events.

It may also reassure you to know that the market has always recovered from declines. Although past results don't guarantee future results, remembering that downturns have been temporary may help assuage your fears.

"The market is the most efficient mechanism anywhere in the world for transferring wealth from impatient people to patient people."

– Warren Buffett

The bottom line? **Accept declines as a normal part of the investment cycle.**

A history of market declines

S&P 500 Index (1954–2024)

Size of decline	-5% or more	-10% or more	-15% or more	-20% or more
Average frequency	About twice per year	About once every 18 months	About once every three years	About once every six years
Average length†	46 days	135 days	256 days	402 days
Last occurrence	July 2024	July 2023	August 2022	January 2022

Decline periods are deemed to be over when the index recovered 50% of lost value. Past results are not predictive of results in future periods.

† Measures market high to market low.

Sources: Capital Group, RIMES, Standard & Poor's. As of 12/31/24. Average frequency assumes 50% recovery of lost value. Average length measures market high to market low.

2. Proper perspective can help you remain calm.

Problem: Studies show that people place too much emphasis on recent events and disregard long-term realities.

Solution: Even amid a market downturn, remember that stocks have rewarded investors over time.

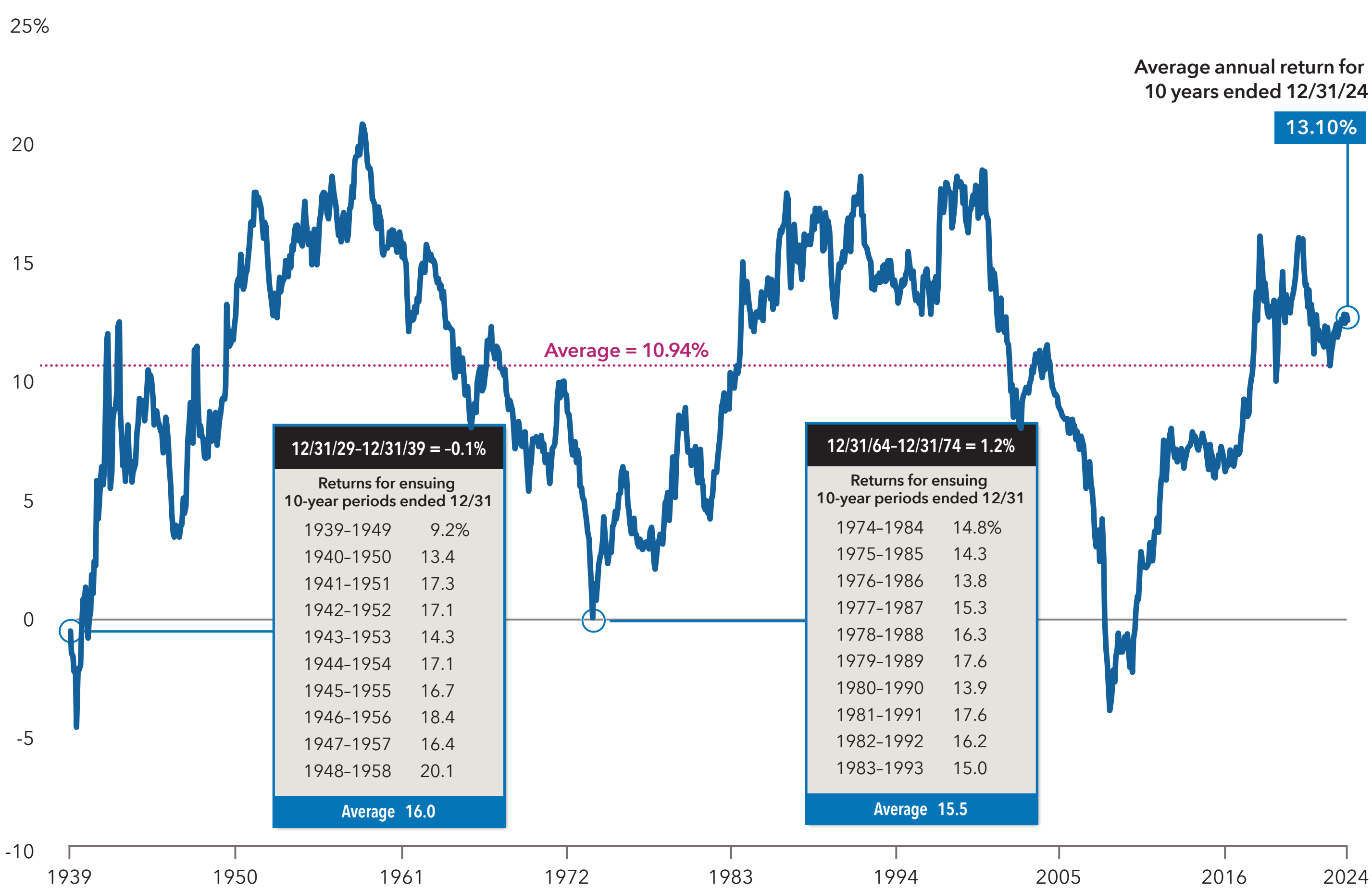
The stock market has a reassuring history of recoveries. After hitting lows in August 1939 and September 1974, the S&P 500 Index bounced back strong, averaging annual total returns of more than 15% over the next 10 rolling 10-year periods in both cases.

Long-term investors have been rewarded. Even including downturns, the S&P 500's average return over all rolling 10-year periods from 1939 to December 2024 was 10.94%.

The bottom line? **A long-term perspective can help you prevail through challenging times.**

S&P 500 rolling 10-year average annual total returns

December 31, 1939–December 31, 2024



Sources: Capital Group, Morningstar, RIMES, Standard & Poor's. As of 12/31/24.

Results are calculated on a monthly basis. The index is unmanaged and, therefore, has no expenses. Investors cannot invest directly in an index.

Past results are not predictive of results in future periods.

The S&P 500 Index is a market capitalization-weighted index based on the results of approximately 500 widely held common stocks.

3. Don't try to time the market.

Problem: Research has shown that losses feel twice as bad as gains feel good.

Solution: Keep in mind that fleeing the market to reduce losses could mean losing out on gains when stocks recover.

The market has shown resilience. Every S&P 500 downturn of about 15% or more since the 1930s has been followed by a recovery.

Recoveries have been strong. Returns in the first year after the five biggest market declines since 1929 ranged from 36.16% to 137.60%, and averaged 70.95%. Over a longer term, the average value of an investment more than doubled over the five years after each market low.

Don't miss out on potential market rebounds. Although recoveries aren't guaranteed, taking your money out of the market during declines means that if you don't get back in at the right time, you'll miss the full benefit of market recoveries.

The bottom line? **Consider staying invested – and don't try to time the market.**

Five biggest market declines and subsequent five-year periods

1929–2024

		9/7/29–6/1/32	3/6/37–4/28/42	1/11/73–10/3/74	3/24/00–10/9/02	10/9/07–3/9/09	Average
	Decline	-86.22%	-60.01%	-48.20%	-49.15%	-56.78%	
S&P 500 12-month returns* after low	1st yr	137.60%	64.26%	44.43%	36.16%	72.29%	70.95%
	2nd yr	0.52%	8.96	25.99	9.91	18.08	12.69
	3rd yr	6.42%	31.08	-2.86	8.51	6.10	9.85
	4th yr	56.68%	32.19	11.79	15.11	15.74	26.30
	5th yr	16.52%	-19.89	12.82	18.06	23.65	10.23
	Five-year average annual total return	35.93%	19.96	17.39	17.15	25.30	23.15
	Value of a hypothetical $10,000 investment in the S&P 500 at the end of the five-year period	$46,401	$24,841	$22,293	$22,067	$30,890	$28,322

23 Positive periods

2 Negative periods

*The return for each of the five years after a low is a 12-month return based on the date of the low. For example, the most recent 12-month period is from 3/9/09 to 3/9/10.
The percentage decline is based on the index value of the unmanaged S&P 500, excluding dividends and/or distributions. Each market decline reflects a period of more than 80 days with 100% recovery after each decline (except for a 77% recovery between 3/9/09 and 4/29/11). The average annual total returns and hypothetical investment results include reinvested dividends and/or distributions but do not reflect the effect of sales charges, commissions, account fees, expenses or taxes. Investors cannot invest directly in an index. Past results are not predictive of results in future periods.

4. Capital Group, home of American Funds, has helped investors prevail through market declines.

Problem: Market indexes don't tell the whole story and can needlessly alarm investors.

Solution: Consider investing in funds run by investment managers who have proven long-term track records.

Certain skilled investment managers have superior long-term track records. Capital Group is among those proven managers with a long history of success, stemming from our long-term perspective and our emphasis on producing results that are less volatile than the broad market.

Over the past 40 years, 74% of funds outpaced more than half of their respective peers when comparing average 10-year rolling returns. And 71% had higher risk-adjusted returns (as indicated by the Sharpe ratio*) over that same time frame.†

The bottom line?	Invest for the long term with an investment manager that has a proven track record of success – in downturns as well as in bull markets.

5. Emotions can cloud your judgment.

Problem: Investors often make poor decisions when they let their emotions take over.

Solution: Stay focused on your long-term goals and carefully consider your options.

Have you heard the investment adage, "buy low, sell high"? Strong emotions during market swings can tempt you to do the opposite – buy high and sell low.

You may also feel that doing something – anything – during a downturn is better than doing nothing. Although inaction might seem counterintuitive, staying invested in the market could be the better choice.

The bottom line?	Avoid making rash decisions based on emotions.

Strategies to get through turbulent times

It's difficult to see the value of your investments fall. But during challenging times, try to keep some fundamental investing principles in mind:

Look beyond the headlines. Sensational news headlines are meant to grab your attention, but it can be dangerous to let the media influence your investment decisions. Ignore the noise and stay focused on your goals.

Don't forget history. Market declines are part of the economic cycle. Historically, recoveries have followed downturns.

Maintain a diversified portfolio. Different investments may go up and down at different times. Spreading your money over a variety of investment types and regions can help reduce volatility in your overall portfolio.

Don't try to time the market. No one knows the perfect times to get in and out of the market. Consider holding quality investments with the potential to rise in value over the long term.

Consider investing regularly, even when faced with market swings. Down markets can be scary, but they can also be good opportunities to invest at lower prices.

Keep in touch with your financial professional. Your financial advisor can help you avoid making decisions that could jeopardize your long-term investment goals, which often remain unchanged during market declines.

*Sharpe ratio uses standard deviation (a measure of volatility) and return in excess of the risk-free rate to determine reward per unit of risk. The higher the number, the better the portfolio's historical risk-adjusted performance.

†Methodology: Data as of 12/31/24. Based on a comparison of each fund with its respective Morningstar category peers. Data are based on the following mutual fund share classes: Class F-2, Class M, Class 529-A, Class 1, Class P-2 and Class 4. One share class was used per fund. The analysis uses Morningstar hypothetical methodology to calculate hypothetical fund results for periods before a share class's inception. For those periods, Morningstar uses results for the oldest share class (unless the newer share class is more expensive). Source: Capital Group, based on mutual fund data from Morningstar. For each fund, we calculated the average rolling Sharpe ratio and return over the 40-year period (or the fund's lifetime, if it lacks a 40-year history). That average rolling return and Sharpe ratio were compared against the equivalent averages for each fund's respective Morningstar peers on a percentile basis. Rolling returns are calculated monthly.

Regular investing does not ensure a profit or protect against loss. Investors should consider their willingness to keep investing when share prices are declining.

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