

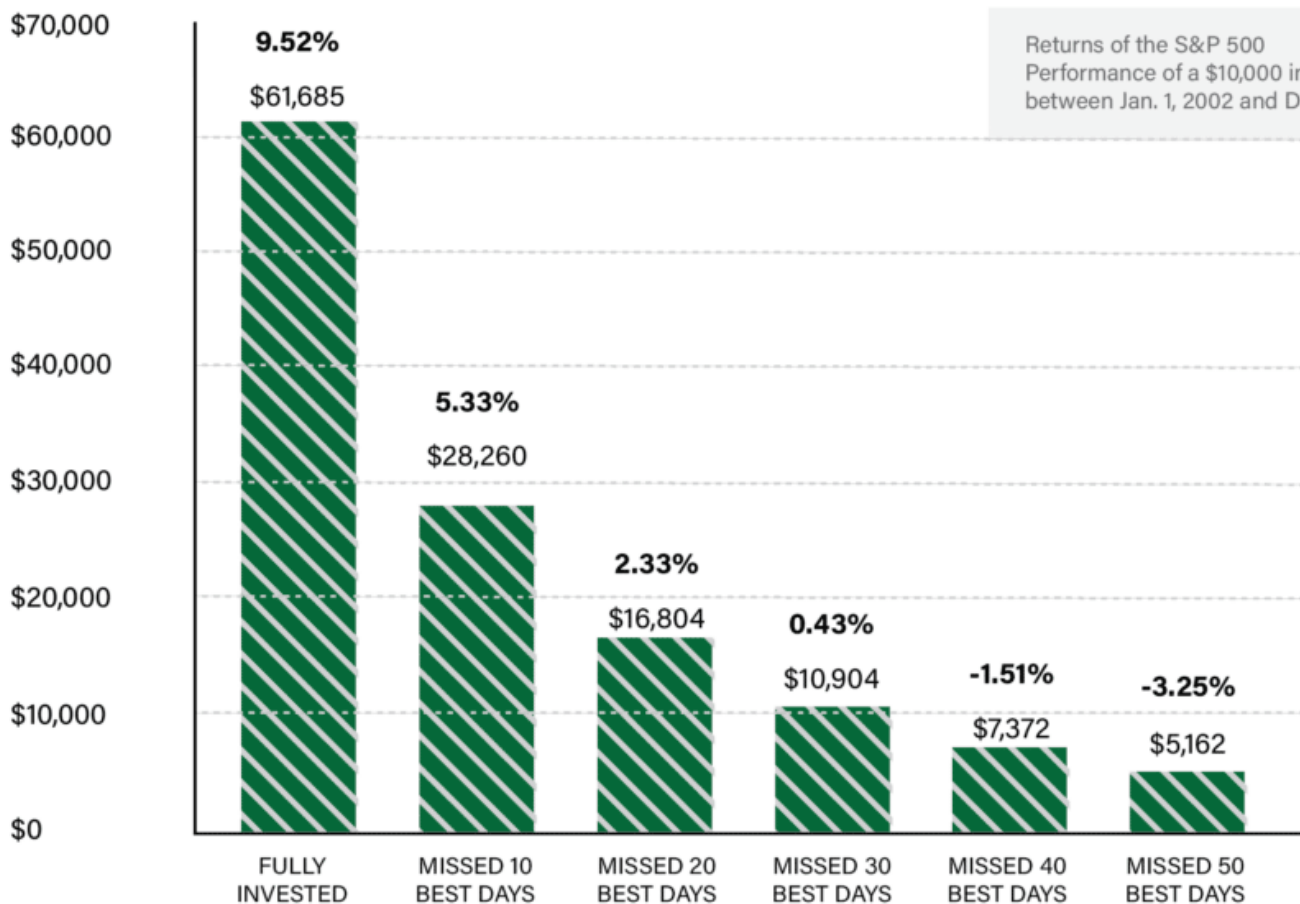
# The Importance of Staying Invested

## The Importance of Staying Invested

*How Investor Fear and Market Timing Can Jeopardize Returns Long-Term*

Seven of the Best 10 Days occurred within two weeks of the 10 Worst Days.

- Six of the seven best days occurred after the worst days
- The second worst day of 2020 (March 12th) was immediately followed by the second best day of the year



Source: J.P. Morgan

Source: J.P. Morgan Asset management analysis using data from Bloomberg. Returns are based on the S&P 500 Total Return Index, an unmanaged, capitalization-weighted index that measures the performance of 500 large capitalization domestic stocks representing all major industries. Indices do not include fees or operating expenses and are not available for actual investment. The hypothetical performance calculations are

shown for illustrative purposes only and are not meant to be representative of actual results while investing over the time periods shown. The hypothetical performance calculations are shown gross of fees. If fees were included, returns would be lower. Hypothetical performance returns reflect the reinvestment of all dividends. The hypothetical performance results have certain inherent limitations. Unlike an actual performance record, they do not reflect actual trading, liquidity, constraints, fees, and other costs. Also, since the trades have not actually been executed, the results may have under- or overcompensated for the impact of certain market factors such as lack of liquidity. Simulated trading programs in general are also subject to the fact that they are designed with the benefit of hindsight. Returns will fluctuate and an investment upon redemption may be worth more or less than its original value. Past performance is not indicative of future returns. And individuals cannot invest directly in an index. Data as of December 31, 2021.