

# 2022: New Year and (Same) New Story?



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**FIRST AND** foremost a very Happy New Year to all our readers. I hope that you and your loved ones are all staying safe and healthy. While the lead up to Christmas looked promising with the world seemingly starting to get on top of COVID, things thereafter have changed significantly.

The constantly evolving situation and the regular and incessant updates can be overwhelming and often anxiety causing for many.

We in Mackay and Whitsunday region are facing this level of spread really for the first time and it can be very confronting. So, it is important that we all have a mechanism to deal with this for our emotional, physical and mental health and well-being.

Many have chosen to receive the information as unemotionally as possible and then take steps that can keep them safe – maintaining social distance and following personal hygiene etc.

This allows you to bring your focus away from all the information that you have no control over, to things that you can do personally.

This gives you back some semblance of taking charge and putting you back in control!

In this interconnected world, one can't also help but wonder what does this new fast-spreading strain mean for the financial markets?

I can empathise with many of you as you worry about what all this means for you financially and personally.

And, while we can ponder and deliberate on the market reaction and outcomes for hours you must pause and consider what is in your control and what you can do about it. The information deluge can overwhelm you and cause significant anxiety and stress.

The new year has always been

the time for prediction and forecasts, but these more often than not do not eventuate!

This predilection for predictions can cause you to jump ship trying to get on to the next big trend or idea for the fear of missing out! This is often to your detriment.

The markets are the collective reaction and are forward-looking.

Remember in this information age, all the relevant data/information is already priced in and realistically you will always be trying to catch up and often miss the up-swings.

You should bring the focus back to you and your situation: Discuss with your Financial Adviser if you have significant concerns which may need a change to your financial plan/strategy, or it may mean a discussion to manage the emotions that will allow you to remain seated.

This is where having an unbiased professional adviser as your coach will be of immense value to you.

Having a sound and flexible financial plan in place will allow you to focus on what is really important – the health and safety of you and your loved ones!

This New Year, I wish you good health and the ability to re-calibrate your thinking and path to align with what is most important for you! Happy New Year!

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