

Staying the course

Consider continuing your savings
during market fluctuations

When the stock market goes up and down, it can be very stressful for you. Understanding why the market fluctuates and the importance of continuing to save for retirement can help you stay steady during uncertainty.

Explore our [market volatility resources](#) to help you navigate market changes and stay on track with your retirement goals.



Articles

Enhance your understanding of the stock market and investing



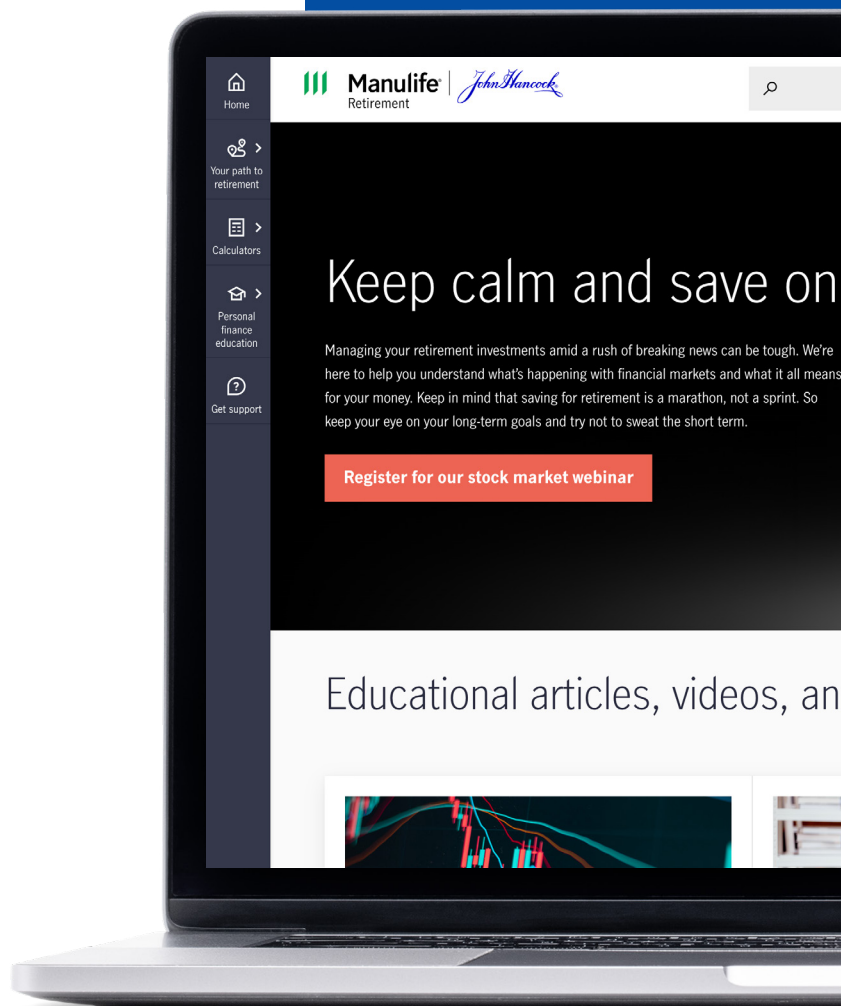
Webinars

Learn how you can keep steady in any market from our retirement specialists



Videos

Understand how investing fits into saving for your retirement



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**Stay the course and
let us help support
you on your journey
to retirement.**

Educational articles, videos, and webinars



May 12, 2025

What is market volatility?

Discover what's happening with the economy and what it means to experience market volatility—and what you can do with your investments.

[Read more](#)



May 5, 2025

How recessions can affect retirement savings

Do you worry about how a recession could affect your retirement savings? We'll help you understand recessions and what you can do to help your savings weather the storm.

[Read more](#)

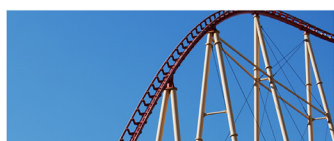


April 24, 2025

How tariffs can affect your retirement savings balance today

We'll put the recent tariff and stock market headlines in perspective to help you weather these short-term changes and keep a long-term focus on your retirement accounts.

[Read more](#)



April 10, 2025

What happens in a recession?



February 22, 2025

Why the stock market goes up and down and



February 22, 2025

What to do when your emotions go up and

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The website will be updated regularly. Check back often to explore exciting timely updates, resources and webinars. You can watch webinars on specific topics with insight from retirement specialists to help improve your financial wellbeing.



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