

The Truth About Market Volatility



Let's face it: market volatility makes all of us uncomfortable, yet it happens throughout every economic cycle. It's important to keep things in perspective, look toward the future, and talk to your financial professional to make sure you have a well-diversified portfolio.

FACTS



The Dow Jones Industrial Average (DJIA)¹ was first reported in 1896 and the first published value using 12 stocks was **40.94**. Today it tracks 30 stocks, and the average as of December 29, 2023, was **37,701.63!**

Source: [Investopedia.com](https://www.investopedia.com) and [Yahoo Finance](https://finance.yahoo.com)



Over the last 138 years, the DJIA had **89 years of positive returns** and 49 "down" years.

Source: [Slickcharts.com](https://www.slickcharts.com)



As of December 31, 2023, the S&P 500¹ has averaged a historical annualized return of **10.26%** since its inception in 1928.

Source: [S&P 500 Returns since 1957](https://www.spglobal.com)

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FINANCIAL STRENGTH RATINGS²

RATING AGENCY	RATING	OUTLOOK
AM Best Company	A++ (Superior)	Stable
Fitch Ratings	AA+ (Very Strong)	Stable
Moody's Investors Services	Aa3 (High Quality)	Stable
Standard & Poor's	AA+ (Very Strong)	Stable

Contact your Financial Professional to discuss
the best ways to manage your assets
during periods of market volatility.

¹ The Dow Jones Industrial AverageSM (DJIA) is composed of 30 "blue-chip" U.S. stocks. The Standard and Poor's 500, or simply the S&P 500, is a stock market index tracking the stock performance of 500 large companies listed on stock exchanges in the United States. Both are unmanaged, commonly followed equity indices. Past performance is not a guarantee of future performance.

² Ratings are as of 01/09/2024 and apply to Massachusetts Mutual Life Insurance Company and its subsidiaries, C.M. Life Insurance Company and MML Bay State Life Insurance Company. Ratings are subject to change.

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