focus

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Focus on long-term objectives during short-term market swings

The first half of 2025 has been marked with sudden movements in the investment markets. This activity, called market volatility, can trigger emotional responses in investors. But acting too quickly may lead to making choices that don't align with your goals — and may even keep you from reaching them.

You can avoid making impulsive changes by taking a step back, reviewing your long-term goals, and remembering that stocks have typically risen over the long term despite short-term retreats. History has shown that periods of market turbulence are fleeting and the market has gone up over time. For example, the S&P 500® Index is up around 170% since its lowest point during COVID.

Here are tips to help you keep emotions in check as you make investment decisions.

- **Observe long-term trends rather than daily fluctuations.** You want to make informed decisions in line with your goals without getting overwhelmed by short-term noise.
- **Stick to your plan.** A well-thought-out investment plan is designed to weather market ups and downs.
- **Diversify your portfolio.** Spreading your investments among a wide range of options helps protect your assets during volatile markets.
- **Regularly review your portfolio.** Account reviews help ensure that your investments remain aligned with your goals and risk tolerance.
- **Remember that market downturns are often followed by recoveries.** In March and April 2020, many investors missed the sharpest part of the COVID market recovery because they had sold off their investments.
- **Trust your long-term strategy.** Pulling out of the market during downturns can lock in losses and cause you to miss out on potential recoveries.
- **Seek professional advice.** A financial professional can provide valuable insights and help you navigate market volatility with confidence.

Sharpen the precision of your retirement and financial planning with My Income & Retirement Planner℠, a personalized, guided experience to help you take control of your future with confidence. You can find the Planner on the SDRS Supplemental Retirement Plan (SRP) website, srp457.com.

Learn more.

Scan the QR code or click here to watch a short video. If you would like to discuss how to avoid emotional investing as you manage your account, contact your local SDRS-SRP Retirement Specialist.

Questions? Contact the Solutions Center at 1-800-959-4457.

Staying in the SDRS-SRP after you retire can provide important advantages

You'll experience many changes once you retire, but some things don't have to change. By continuing your participation in the SDRS-SRP, you'll continue to get the same support and lower fees you had before you retired.

Your SDRS-SRP account will still exist after your retirement date unless you withdraw all your funds. You can withdraw funds as you need them and get help from knowledgeable professionals.

You'll also allow your money to potentially keep growing, which could help bridge a possible income gap should inflation get roaring again. Even a low inflation rate tends to eat away at a fixed income's buying power over time, so continuing to invest for some growth in a plan with lower fees may be an important consideration.

As you prepare for retirement, you should consider:

- Consolidating retirement assets into your SDRS-SRP account for easier investment management;
- Reviewing your SDRS-SRP account at least once a year to make sure that your investment strategy continues to line up with your goals;
- Using My Income & Retirement Planner℠ to help you create a withdrawal strategy that complements other income sources and addresses tax and other considerations; log in to your account at srp457.com to get started.

Learn more.

Watch this short video, or scan the QR code to learn more about staying in the SDRS-SRP when you retire. Then, contact your local Retirement Specialist to manage your SDRS-SRP account beyond retirement.

Practical tips for navigating debt

If you have existing debt such as credit cards or student loans, you may wonder whether you should pay it off first or save for retirement. While everyone's financial situation is different, you may be able to tackle both by getting organized, setting a savings goal, choosing a debt repayment strategy, and contributing to your retirement account.

The first step in taking control of your finances is understanding the difference between needs and wants. In simple terms, a "need" includes spending that is essential, such as housing, food, insurance, and health care, whereas a "want" includes discretionary spending, such as dining out, a smartphone upgrade, going to a concert, and entertainment subscriptions.

Setting savings goals

A good way to find money to pay down debt and increase savings is to identify ways to cut back on wants. Before deciding to buy, ask yourself: "Do I really need this?" or "Will buying this force me to skip saving money this month?" Use the budgeting worksheet on our website, or scan the QR code to get started.

Consider debt management strategies

If your debt has gotten out of control, a debt management professional may be able to help you assess your debt-to-income ratio, devise repayment plans, and consider debt consolidation. Nonprofit agencies such as the National Foundation for Credit Counseling offer tools, resources, and personal counseling to help individuals implement solutions for their debt crisis.

Take proactive steps now

Watch this video, or scan the QR code to learn how you can pay off debt and save money at the same time.

Investing involves market risk, including possible loss of principal. Actual results will vary depending on your investment and market experience.
Withdrawals of assets that have been rolled over from a qualified plan, individual retirement account or deferred compensation plan may be subject to surrender charges and limitations on when funds may be accessed. If the withdrawal is made before age 59½, there may be an additional 10% tax penalty.
My Income & Retirement Planner is a hypothetical compounding example and is not intended to predict or project investment results of any specific investment. Investment return is not guaranteed and will vary depending upon your investments and market experience. Assumptions do not include fees and expenses. If fees were reflected, the return would be less.
Nationwide Investment Services Corporation, member FINRA, Columbus, Ohio.

Contact us

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The SDRS Supplemental Retirement Plan is a deferred compensation plan regulated by Section 457 of the Internal Revenue Code and offered by the South Dakota Retirement System (SDRS). Plan administration and enrollment services are provided by Nationwide® Retirement Solutions.

Contract #: GA-00619

SDRS-SRP Retirement Specialists are registered representatives of Nationwide Investment Services Corporation, member FINRA, Columbus, Ohio.

Nationwide and its representatives do not give legal or tax advice. An attorney or tax advisor should be consulted for answers to specific questions.

Prudential Guaranteed Interest Account

Prudential has announced a **3.00%** annual effective yield for the third quarter of 2025.

This is an available option within the SDRS Supplemental Retirement Plan.

Guarantees and protections are based on the claims-paying ability of the underwriting insurance company.

Payout changes

Note: If you are receiving distributions from the SDRS-SRP, you may be able to change your payout decisions. Call the SDRS Supplemental Retirement Plan office in Pierre at 605-224-2230 to review your account and/or payout options.