

# Canadian Bull and Bear Markets

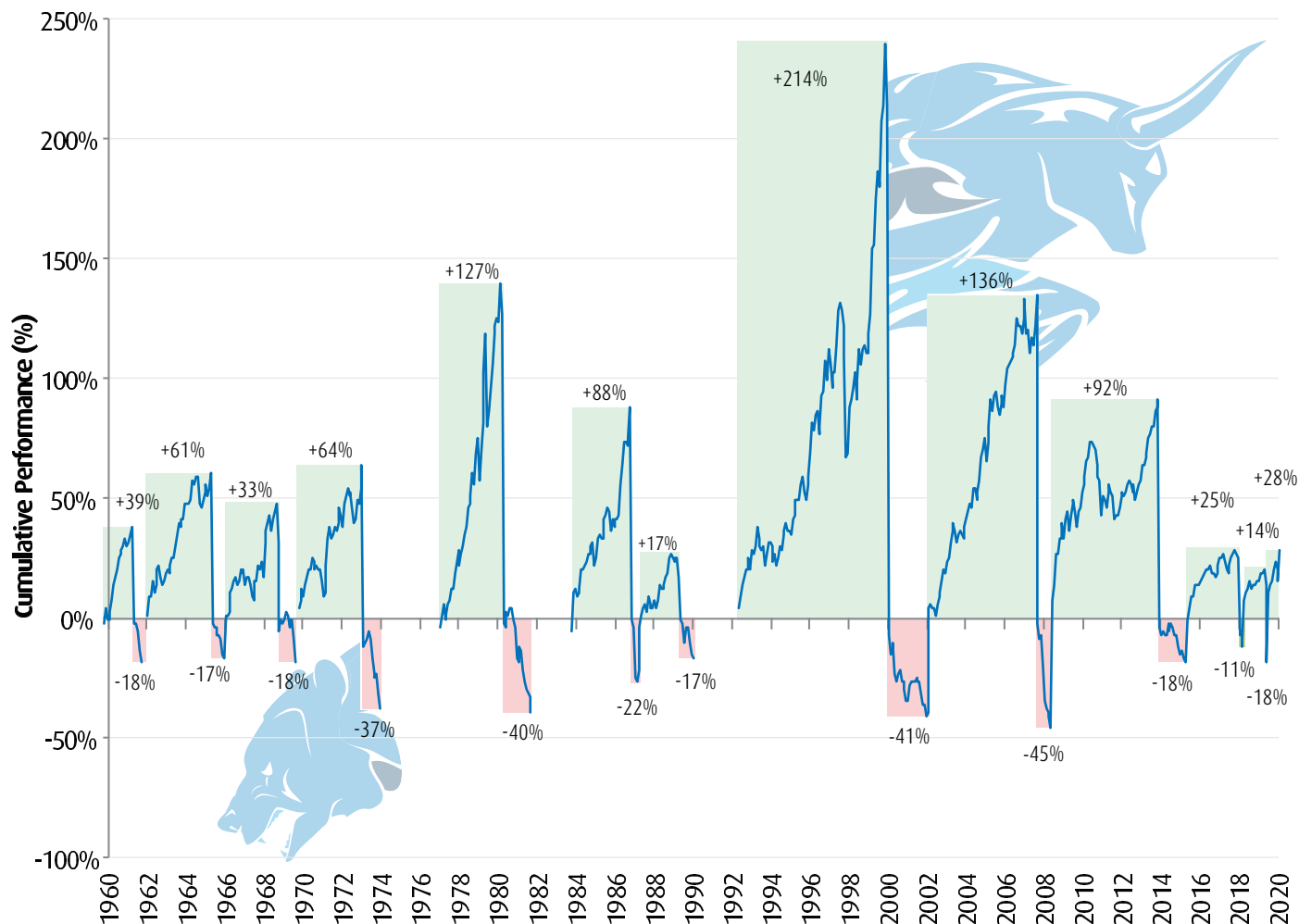
Notice the longer duration of Bull markets vs. Bear markets...

Investing requires patience and a long time horizon. What happens day to day in the market can often serve as a distraction from meeting your goals. Investing in equity and balanced portfolio solutions can be an excellent way for an investor to reach their long term goals. **Don't overreact to headlines as markets will continue to find new highs over time; avoid focusing on short term noise.**

Average length of Bull Market	1,454 days
Average gain in Bull Market	88.5%
Average length of Bear Market	324 days
Average loss in Bear Market	-38.5%

Displaying period from June 1960 to Oct 31, 2020.

## Bull and Bear Markets S&P/TSX Composite Price Return Index




Source: Morningstar Direct, as of Oct 31, 2020. Data uses the S&P/TSX Composite Price Return Index

## Have the Confidence to Stay Invested

During Bear markets it is important to review your asset allocation, remain disciplined and stay invested. Timing market peaks and troughs is extremely difficult and runs the risk of missing market rallies.

### Bear Markets: S&P/TSX Composite Index: Declines Greater than 30% since 1960



Start Date	Length (days)	% Decline	Price Return (from trough)		
			3 months	6 months	12 months
10/1973	337	-37.3%	1.4%	18.8%	17.2%
11/1980	587	-44.0%	24.0%	51.7%	84.1%
08/1987	76	-31.0%	8.4%	17.9%	20.9%
04/1998	166	-31.8%	22.8%	26.3%	32.0%
09/2000	768	-50.0%	18.0%	12.6%	32.9%
05/2008	293	-49.7%	39.4%	45.6%	58.1%
02/2020	40	-25.4%	31.3%	33.4%	-
Average	324	-38.5%	20.8%	29.5%	40.9%

Source: BMO Investment Strategy Group, as at October 31, 2020.

The performance of the S&P/TSX Composite Index does not represent the performance of any BMO Mutual Fund and is for illustration purposes only. BMO Mutual Funds refers to certain mutual funds and/or series of mutual funds offered by BMO Investments Inc., a financial services firm and separate legal entity from Bank of Montreal. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the fund facts or prospectus of the mutual fund before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.