



CIO believes adequate allocations to quality fixed income, gold, and alternatives such as hedge funds would help investors better navigate the market ahead. (UBS)

# Volatility is not a good reason to exit the market

11 March 2026, 14:08 UTC, written by UBS Editorial Team

**The US-Iran conflict continues to dominate headlines, with the effective closure of a vital energy chokepoint, heightened volatility in commodity prices, and shifting political messaging making it challenging to discern the ultimate impact on growth and inflation.**

Global equities rose and Brent crude oil prices fell below USD 90 a barrel after the International Energy Agency (IEA) reportedly proposed a coordinated release of a record amount of joint global oil reserves, with a decision expected before the end of the day. However, the UAE has shut its biggest oil refinery after a drone attack, and Iran is reportedly taking steps to deploy naval mines in the Strait of Hormuz. Meanwhile, the US and Israel continue their airstrikes against Iran, whose Revolutionary Guards said it fired missiles at US bases in neighboring states.

It is natural for investors to feel unsettled or to consider retreating to the sidelines until the outlook becomes clearer. But periods of uncertainty and market stress are not new, and historical data demonstrate that investors with a longer term horizon are best served by staying invested with a diversified portfolio.

**Volatility is not a good reason to exit the market.** Intra-year declines are common—the S&P 500's average maximum drawdown has been about 14% since 1981. But the index has only finished in negative territory 10 times in the past 45 years. Importantly, stocks tended to perform well after bouts of heightened volatility. Since 1990, the S&P 500 has delivered an average 12-month return of 11.5% following episodes when the VIX index rose to between

**This educational report has been prepared by UBS Financial Services, Inc. Please see important disclaimers and disclosures at the end of the document.**

27.5 and 30, and an even higher return of 22.1% after the VIX reached 35-40. Both figures compare favorably to the forward 12-month average return of 10% in all other periods.

**Market timing can be costly.** A USD 100 investment in the S&P 500 in September 1989 would have grown to USD 3,617 by the end of January 2026 with a simple buy-and-hold approach. However, missing just the best week would have reduced the return to USD 3,249, while missing the best quarter would have resulted in only USD 2,863—over 20% less than the return for investors who remained invested throughout.

**Staying invested is likely rewarded with attractive performance.** Stock markets have historically experienced more positive years than negative ones. Since 1960, the S&P 500 has posted gains in 72% of calendar years, with returns between 10% and 30% nearly half the time. In addition, the index has delivered returns above 20% in 18 years, but has lost more than 20% in only three years. This means that the odds are more favorable for investors with longer time horizons—the S&P 500 has not recorded a negative return over any 20-year period since 1926. Meanwhile, statistical analysis of asset class performance reveals that no single asset consistently outperforms across all market cycles, and that a 60:40 equity-bond portfolio has historically been able to reduce risk during market downturns.

Investors should remember that past performance is no guarantee of future results. But for investors who hold a diversified portfolio and have the ability to stay invested for the longer term, we continue to believe that they will be rewarded for staying the course. For those with concentrated equity positions, we recommend broadening exposure across sectors and geographies. We also believe adequate allocations to quality fixed income, gold, and alternatives such as hedge funds would help investors better navigate the market ahead.

Original report – [Stay invested despite near-term uncertainty, 11 March 2026.](#)

**Disclaimer**

**Hong Kong / Singapore:** For Global Wealth Management clients of UBS AG Singapore / Hong Kong branch, please refer to the [HK/SG Marketing Material Disclaimer](#) .

This document is prepared and published by the Global Wealth Management business of UBS Switzerland AG (regulated by FINMA in Switzerland), its subsidiaries or its affiliates ("UBS"), part of UBS Group AG ("UBS Group"). UBS Group includes former Credit Suisse AG, its subsidiaries, branches and affiliates. In the USA, UBS Financial Services Inc. is a subsidiary of UBS AG and a member of FINRA/SIPC. Additional Disclaimer relevant to Credit Suisse Wealth Management follows at the end of this section.

**This document and the information contained herein are provided solely for your information and UBS marketing purposes.** Nothing in this document constitutes investment research, investment advice, a sales prospectus, or an offer or solicitation to engage in any investment activities. This document is not a recommendation to buy or sell any security, investment instrument, or product, and does not recommend any specific investment program or service.

Information contained in this document has not been tailored to the specific investment objectives, personal and financial circumstances, or particular needs of any individual client. Certain investments referred to in this document may not be suitable or appropriate for all investors. In addition, certain services and products referred to in the document may be subject to legal restrictions and/or license or permission requirements and cannot therefore be offered worldwide on an unrestricted basis. No offer of any product will be made in any jurisdiction in which the offer, solicitation, or sale is not permitted, or to any person to whom it is unlawful to make such offer, solicitation, or sale.

Although all information and opinions expressed in this document were obtained in good faith from sources believed to be reliable, no representation or warranty, express or implied, is made as to the document's accuracy, sufficiency, completeness or reliability. All information and opinions expressed in this document are subject to change without notice and may differ from opinions expressed by other business areas or divisions of UBS Group. UBS is under no obligation to update or keep current the information contained herein. **The views and opinions expressed in this material by third parties are not those of UBS.** Accordingly, UBS does not accept any liability over the content shared by third parties or any claims, losses or damages arising from the use or reliance of all or any part thereof.

All pictures or images ("images") herein are for illustrative, informative or documentary purposes only and may depict objects or elements which are protected by third party copyright, trademarks and other intellectual property rights. Unless expressly stated, no relationship, association, sponsorship or endorsement is suggested or implied between UBS and these third parties. Any charts and scenarios contained in the document are for illustrative purposes only. Some charts and/or performance figures may not be based on complete 12-month periods which may reduce their comparability and significance. Historical performance is no guarantee for, and is not an indication of future performance.

Nothing in this document constitutes legal or tax advice. UBS and its employees do not provide legal or tax advice. This document may not be redistributed or reproduced in whole or in part without the prior written permission of UBS. To the extent permitted by the law, neither UBS, nor any of its directors, officers, employees or agents accepts or assumes any liability, responsibility or duty of care for any consequences, including any loss or damage, of you or anyone else acting, or refraining to act, in reliance on the information contained in this document or for any decision based on it.

**Additional Disclaimer relevant to Credit Suisse Wealth Management:** Except as otherwise specified herein and/or depending on the local entity from which you are receiving this document, this document is distributed by UBS Switzerland AG, authorised and regulated by the Swiss Financial Market Supervisory Authority (FINMA). Your personal data will be processed in accordance with the Credit Suisse privacy statement accessible at your domicile through the official Credit Suisse website <https://www.credit-suisse.com>. In order to provide you with marketing materials concerning our products and services, UBS Group AG and its subsidiaries may process your basic personal data (i.e. contact details such as name, e-mail address) until you notify us that you no longer wish to receive them. You can optout from receiving these materials at any time by informing your Relationship Manager.

Please visit <https://www.ubs.com/global/en/wealth-management/insights/chief-investment-office/marketing-material-disclaimer.html> to read the full legal disclaimer applicable to this document.

© UBS 2026. The key symbol and UBS are among the registered and unregistered trademarks of UBS. All rights reserved.

**Important information****Disclaimer**

This material is published solely for informational purposes, may be distributed only under such circumstances as may be permitted by applicable law, and is not to be construed as a solicitation or an offer to buy or sell any securities or related financial instruments. This information is general in nature and does not take into account the specific investment objectives, financial situation or particular needs of any recipient.

All information and opinions represent our current views on the topics covered which are based, in part, on information and data obtained from third party and/or publicly available sources. While we believe those sources to be reliable, no

representation or warranty, express or implied, is made as to its accuracy or completeness (other than disclosures relating to UBS and its affiliates) of that information.

The information presented is not intended to be a complete statement or summary of the securities, markets or developments referred to in the materials. It should not be regarded by recipients as a substitute for the exercise of their own judgment. Any opinions expressed in this material are subject to change without notice and may differ or be contrary to opinions expressed by other business areas or groups of UBS as a result of using different assumptions and criteria. UBS is under no obligation to update or keep current the information contained herein.

**Cautionary statement regarding forward-looking statements.** This report contains statements that constitute “forward-looking statements”, including but not limited to statements relating to the current and expected state of the securities market and capital market assumptions. While these forward-looking statements represent our judgments and future expectations concerning the matters discussed in this document, a number of risks, uncertainties, changes in the market, and other important factors could cause actual developments and results to differ materially from our expectations. These factors include, but are not limited to (1) the extent and nature of future developments in the US market and in other market segments; (2) other market and macro-economic developments, including movements in local and international securities markets, credit spreads, currency exchange rates and interest rates, whether or not arising directly or indirectly from the current market crisis; (3) the impact of these developments on other markets and asset classes. UBS is not under any obligation to (and expressly disclaims any such obligation to) update or alter its forward-looking statements whether as a result of new information, future events, or otherwise.

There are two sources of UBS research. Reports from the first source, UBS CIO Global Wealth Management, are designed for individual investors and are produced by UBS Global Wealth Management (which includes UBS Financial Services Inc. and UBS International Inc.). The second research source is UBS Group Research, whose primary business focus is institutional investors. The two sources operate independently and may therefore have different recommendations. The various research content provided does not take into account the unique investment objectives, financial situation or particular needs of any specific individual investor. If you have any questions, please consult your Financial Advisor. UBS Financial Services Inc. is a subsidiary of UBS AG and an affiliate of UBS International Inc.

#### **About Our Wealth Management Services**

As a firm providing wealth management services to clients, UBS Financial Services, Inc is registered with the U.S. Securities and Exchange Commission (SEC) as an investment adviser and a broker-dealer, offering both investment advisory and brokerage services. Investment advisory services and brokerage services are separate and distinct, differ in material ways and are governed by different laws and separate agreements. It is important that investors understand the ways in which UBS conducts business, that they carefully read the agreements and disclosures that UBS provides to them about the products or services offered. A small number of UBS financial advisors are not permitted to offer advisory services to you, and can only work with investors directly as UBS broker-dealer representatives. Your financial advisor will let you know if this is the case and, if you desire advisory services, will refer you to another financial advisor who can help you. UBS' agreements and disclosures will inform investors about whether we and our financial advisors are acting in our capacity as an investment adviser or broker-dealer. For more information, please see [www.ubs.com/workingwithus](http://www.ubs.com/workingwithus). In providing financial planning services, UBS may act as a broker-dealer or investment adviser, depending on whether we charge a fee for the service. The nature and scope of the services are detailed in the documents and reports provided to you as part of the service.

© UBS 2026. The key symbol and UBS are among the registered and unregistered trademarks of UBS. All rights reserved. UBS Financial Services Inc. is a subsidiary of UBS AG. Member FINRA/SIPC.