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## Stocks Are Full of Fear. How to Cope With an Emotional Market.

By Nicholas Jasinski [Follow](#) March 11, 2022 7:56 pm ET

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investors were dealing with violent swings in stocks.  
NYSE

The [S&P 500](#) index has lost about 5% since mid February, when markets began to worry about an imminent Russian invasion of Ukraine. Energy, metals, and grain prices have soared. The S&P 500 and the Dow Jones Industrial Average are each down roughly 10% from their records set earlier this year, while the [Nasdaq Composite](#) is down 20% and in a bear market.

The indiscriminate selloff is giving investors another swing at long-term trends and investment themes.

"It does feel like we'll have some changes in defense spending, cybersecurity, and how Europe in particular receives its energy," says Matthew Moberg, who co-manages the growth-focused Franklin DynaTech fund (ticker: FKDNX), with \$23 billion in assets. "But it doesn't change that we're going to work from home more, that we're going to use e-commerce more, that there will be innovation and growth in genomics."