

# Best and Worst Days in the Stock Market Since October 19, 1987

The Dow Jones Industrial Average, October 1, 1987 through December 31, 2016

Although it is natural to feel excited when stock markets do well and concerned when stock markets drop, it's not usually a good idea to let those emotions dictate changes to your portfolio. As you can see below, the third-best one-day return occurred only two days after the worst one-day return (stock market crash of 1987). Most investors who bailed out of the markets in response to the crash would have missed a significant bounce back. Since no one can accurately predict when markets rise and fall, we believe it is wise to take a long-term view of your portfolio, without reacting to the inevitable ups and downs of markets.

## Ten Best Days

Date	One-Day Return %
Oct. 13, 2008	<b>11.1%</b>
Oct. 28, 2008	<b>10.9%</b>
Oct. 21, 1987	<b>10.1%</b>
Mar. 23, 2009	<b>6.9%</b>
Nov. 13, 2008	<b>6.7%</b>
Nov. 21, 2008	<b>6.6%</b>
July 24, 2002	<b>6.3%</b>
Oct. 20, 1987	<b>5.9%</b>
Mar. 10, 2009	<b>5.8%</b>
July 29, 2002	<b>5.4%</b>

## Ten Worst Days

Date	One-Day Return %
Oct. 19, 1987	<b>-22.6%</b>
Oct. 26, 1987	<b>-8.09%</b>
Oct. 15, 2008	<b>-7.9%</b>
Dec. 1, 2008	<b>-7.7%</b>
Oct. 9, 2008	<b>-7.3%</b>
Oct. 27, 1997	<b>-7.2%</b>
Sept. 17, 2001	<b>-7.1%</b>
Sept. 29, 2008	<b>-7.0%</b>
Oct. 13, 1989	<b>-6.9%</b>
Jan. 8, 1988	<b>-6.9%</b>

Source: <http://www.djindexes.com> (July 2016)

The Dow Jones Industrial Average is a price-weighted average of 30 actively-traded blue chip stocks. The Index does not incur or include trading or other costs. Indexes are unmanaged baskets of securities that investors cannot directly invest in. Past performance is not a guarantee of future results. Materials provided to approved advisors by LWI Financial Inc. ("Loring Ward"). Securities offered through Loring Ward Securities Inc., member FINRA/SIPC.