

# Help (How To Find Peace of Mind When Facing A Turbulent World)

**Post by “Godfrey” of July 19, 2022 at 8:14 PM**

Regarding investments:

Many years ago and after much research, I became a passive investor. I moved all of my equity investments into index ETFs. These funds were in several segments of the market, and I allocated them as best as I could based on the research I did at the time. Since then, every six months I do some math and rebalance my allocations as necessary.

Obviously this isn't for everyone. But I have found that I don't worry about investing, and I've stopped feeling the need to check news as regards investing.