

Dr Chan Yan Chong- Relax and identify right stock buying opportunity

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Relax and identify right stock buying opportunity

I love photography, especially landscape photography. At my leisure, I enjoy travelling to faraway places to take beautiful pictures. It also takes me away from the hustle and bustle of city life and helps me relax and enjoy a healthy work-life balance.

Relax and take a macro view

A relaxed state of mind is crucial to the success, in not only photography, but also stock investment. Do your homework before investing and don't simply follow the crowd.

It was some 40 years ago when I was studying in the UK. I was stuck in a boring lesson, oblivious to what the teacher was talking about, when suddenly a scarlet sky appeared outside the window to my pleasant surprise. Luckily I always had a camera with me, so I went out and captured the beautiful scenery outside.

A relaxed mind is a faster mind

By taking the time to shoot the stunning scenery, I came to realise that the human brain runs much faster when you are feeling relaxed! Immediately after September 11, the stock market was swamped by pessimism, with airline stocks hit hardest.

Keep a cool analytical mind and develop clear insight

I foresaw that the leading airline stocks would bounce back very quickly. Why? It is because people still have to travel by air and I was right!

Investment is like living your life. If you are too obstinate and not relaxed enough, your vision will be restricted and you are more likely to make a bad decision.

Holding onto stocks with composure

I have already shared my keys of investment success. My investment motto is: Holding onto stocks with composure. It's as simple as that!

Be a smart investor unruffled by fear or favour

To be a "fit" investor, relax and keep calm when investing in stocks. I have shared my FinFit tips with you. Visit this website to learn more and gear up for financial fitness! Visit this website to learn more and gear up your financial fitness!

www.hsbc.com.hk/finfit

Dr Chan Yan Chong 's FinFit Tips :

- **Relax and identify the stock buying opportunity**
- **Aim for the longer term never follow the crowd**
- **Holding onto stocks with composure**

Learn more FinFit tips:

www.hsbc.com.hk/finfit

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