

For many of us, rising interest rates and inflation are in sharp focus at the moment. While no one can predict exactly what will happen with investment markets or interest rates, focusing on your mindset and money matters closer to home can be a good way to stay mentally resilient and fiscally prepared.

This month, we share 5 principles to keep in mind when markets are volatile, some strategies around offsetting inflation on retirement savings, and stress testing mortgage repayments against future rate increases. Plus, we look at the continuously growing area of environmental, social and governance (ESG) investing, and we cover tips on making better money choices as a family.

Enjoy the edition.

Infographic: 5 principles to keep in mind when markets are volatile

When markets go up and down, revisiting the 'golden rules' of investing can often help with staying calm and confident.

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3 ways to stress test mortgage repayments

One way to prepare for uncertainty is to consider and plan for alternative outcomes. We discuss putting higher lending rates and mortgage repayments to the test.

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Protecting retirement savings from inflation

Explore the strategies that can help with protecting the value of retirement savings, now and into the future.

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ESG investing: weighing up what matters

With ESG investing continuing to be on the rise in Australia, we look at potential considerations when thinking about your investment portfolio.

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Vanessa Stoykov: 4 ways to potentially make better money choices as a family

Letting your kids in on money decisions can provide a great opportunity to pass on some money wisdom and learn a few lessons of your own.

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