

Fear & Greed in Volatile Markets



The **Fear & Greed Index** is a tool that measures the mood and confidence level of investors, based on seven factors.

Market momentum

Stock price strength

Stock price breadth

Put and call options

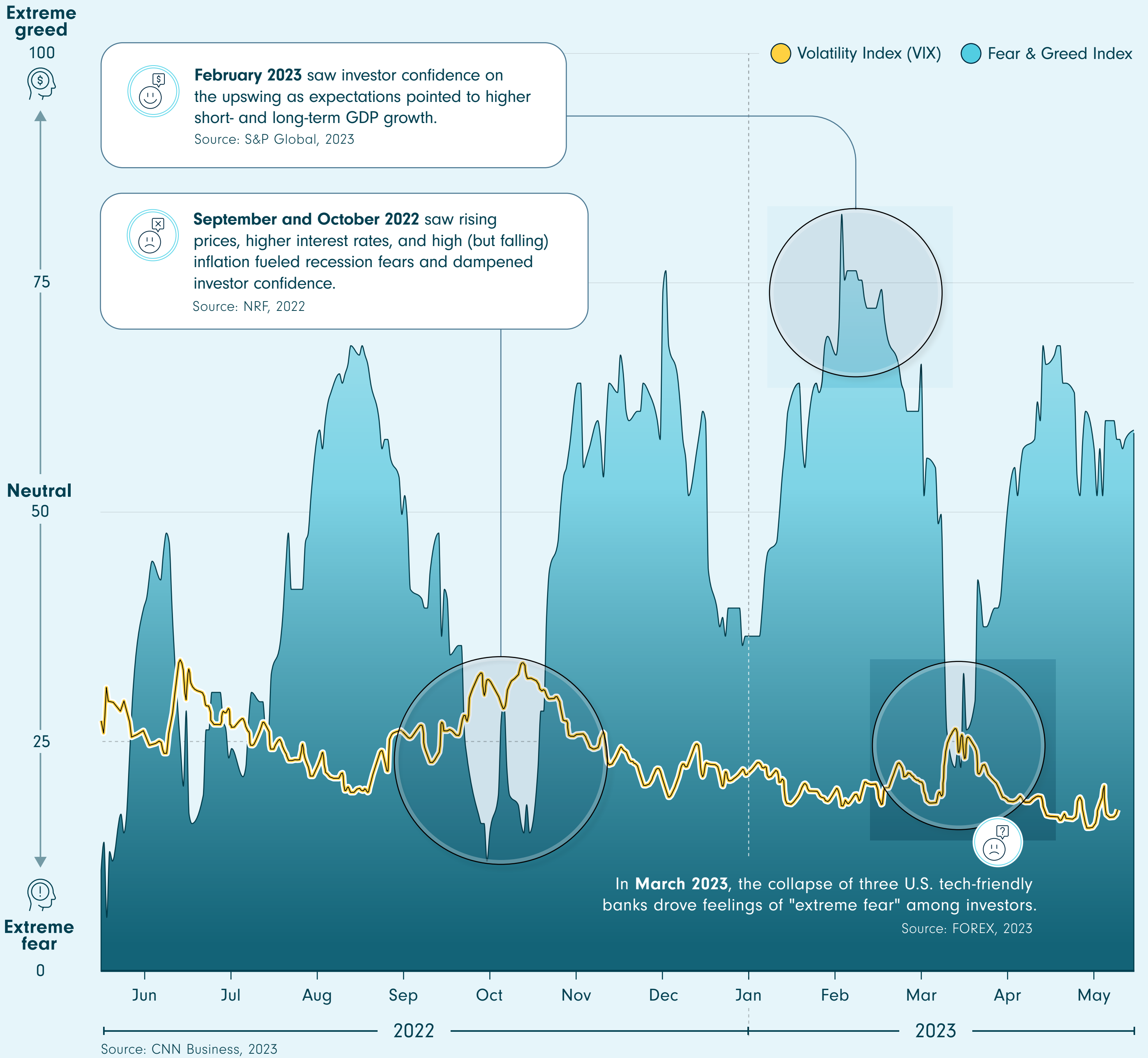
Junk bond demand

Market volatility

Safe haven demand

FEAR & GREED INDEX VS. VOLATILITY INDEX

May 2022 - May 2023

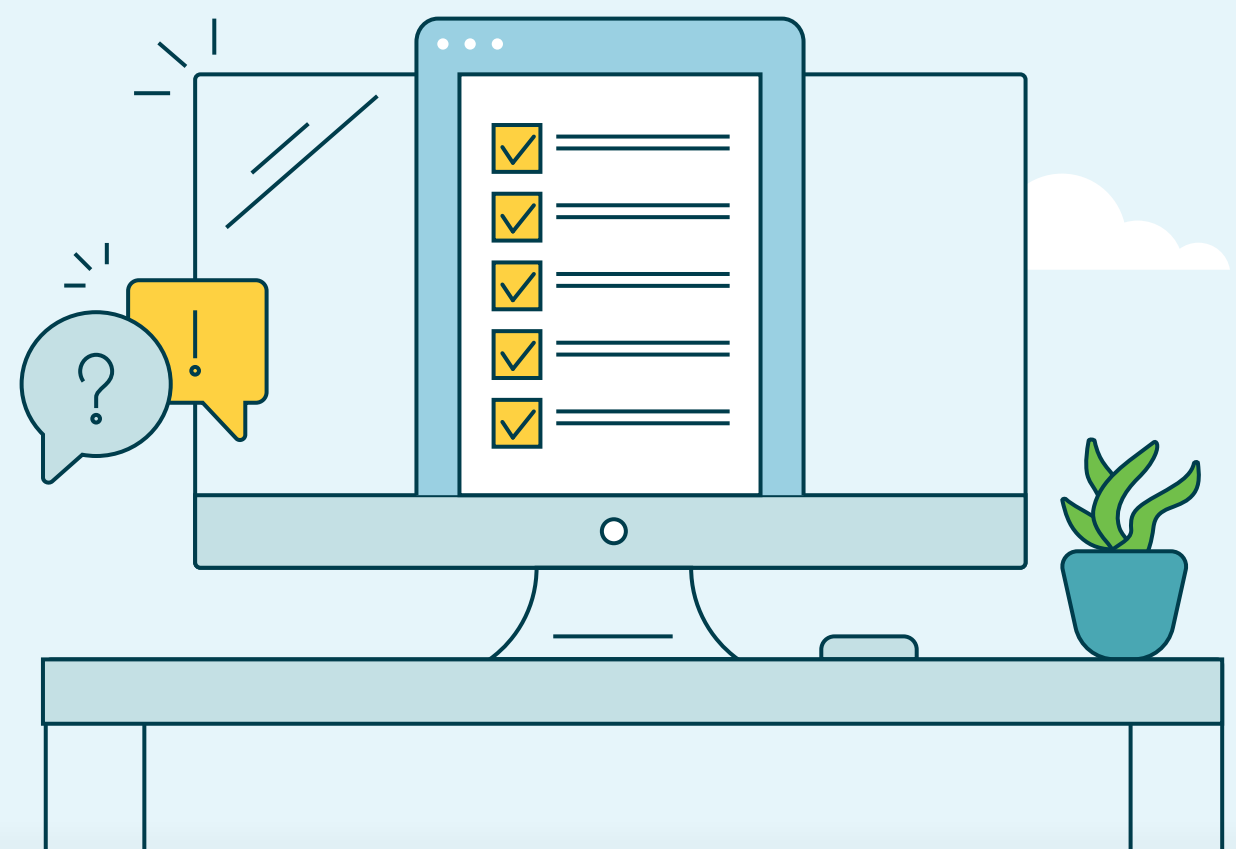


The Fear & Greed Index can help investors keep a check on the market pulse and avoid **emotional decisions**.

Use Fidelity's new market volatility guide to help make rational choices amidst uncertainty.



[Download the guide now](#)



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