



## HOW YOUR PHYSICAL WELL-BEING AFFECTS YOUR FOREX TRADING PERFORMANCE

When you are trading, it is very easy to get lost in the price action frenzy and neglect your physical well being at some point. If you are giving up eating or sleeping in exchange for a bunch of hours trying to catch pips, you could end up destroying your most important tool: your body.

Have you ever tried trading without enough sleep or with an empty stomach? If the answer is yes, then you probably know how tough it is to concentrate and make sound trading decisions when you feel physically run down. You see, trading requires concentration, and concentration requires effort. If you don't put enough effort into ensuring your physical well being, your trading could also suffer.

Without a sound mind and body, it is extremely difficult to stay focused. When you can't focus, you increase your exposure to trading mistakes, such as forgetting to follow your trading plan or failing to do your research before placing a trade.

Attempting to overcompensate for this worn out physical state can be damaging as well. For instance, trying to stay alert by downing several cups of coffee can put you in such a hyperactive state that you wind up overtrading. Either way, if your body is screwed, your trading gets screwed.

Just like any sport, trading requires us to be in our tiptop shape. Athletes maintain healthy lifestyles and make it a point to be well rested before their games and so should you.

Getting fit could be as simple as taking care of your body. When you get enough sleep, eat the right food (no that doesn't include sugar-free donuts), and do just enough exercise to maintain good blood circulation, you will increase your chances of making good decisions with your trades.

As important as the body is though, its our mind that does most of the work in trading, but I will share a secret with you: Some of the most effective tricks in getting our minds in good shape are also the simplest: getting enough sleep, not drinking too much alcohol, not taking illegal substances, and not working too hard.

Another very important but often-neglected practice is to take breaks whenever needed. Whether its walking away from your screen for five minutes, or taking your family on a weekend vacation, it is essential for you to be free of your personal worries while you are trading.

Remember that a trading career is a marathon and not a sprint. This means that we have to pace ourselves if we ever want to become consistently profitable traders. Some might not get there anytime soon, but taking care of the body, our most important trading tool, is certainly a step in the right direction.

Scott Pickering  
The Pip Accumulator