



## TIPS ON GETTING BACK INTO TRADING AFTER A BREAK

Many traders find it stressful getting back into trading after taking a break due to vacation or time of year etc. This is NOT unusual, especially after coming back after a long vacation away from the markets.

It is very easy to be overwhelmed by all events and let the stress of the occasion take hold and mistakes can be made.

Here are a few tips: -

### 1. TAKE YOUR TIME TO CATCH UP:

There is no easy way. But you need to read extensively what has happened over the past 7 -10 days. Only by doing this will it give you the overview that you need. Do NOT make the mistake of assuming that the currency pairs that you're trading are reacting to all the same market themes and will stay within their average trading ranges.

You do not need to do an overkill of a FULL MARKET analysis and currency pair by pair charting analysis. Pick a few pairs and gather the other news as you go along.

Here is my approach: I follow up on AUD/USD, USD/CAD and NZD/USD news and charts and then I move to other pairs after these.

### 2. PREPARE FOR and PLAN YOUR FIRST WEEK BACK:

This just makes so much common sense.

List out the news items for your initial currency pairs, give yourself time to read and evaluate the charts and articles. This allows you to calm nerves and provide greater confidence and it will reduce stress.

The biggest mistake is to jump in and trade immediately without the research. Go back to your TRADING PLAN and look at the set-ups you have. You can never

do too much preparation. You gain so much confidence if your first two or three trades back from vacation are good ones. It's all about timing and picking your trades and entries in line with the disciplines that you have contained within your TRADING PLAN. They are there for a reason...use them.

### 3. TRANSITION YOUR TRADING UP TO FULL SPEED:

You may have it written into your TRADING PLAN that upon a return from vacation that your trade sizes for the first week are 50% of normal size and that your risk parameters / tolerances are now only 2% instead of 3%.

These are all great ideas to help you ease back into the chair and are worthy of consideration. Remember, the goal of Forex Trading is consistency and longevity.

You may even to decide to trade reduced hours for your first week back.

I hope that the tips above tips are of some use to help get you back on track after a long vacation away from the markets.

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