

Twitter Thread by [Trendmyfriend](#)



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**A small note for the new Trader, this might help you.
Please have a look in your free time.**

A stock Trader is son, brother or husband first before a Trader, stress free Trading require cool and stable mind to perform better.

This type of difficult environment around you, may impact your trading. As you might be going through tuff time with your loved-one suffering from Covid and at a same time Trading loss also giving extra stress.

Below are few options you can try for.

- 1- Complete take break, until situation around you improve. In this case only issue if any sharp reversal in the market you don't feel FOMO.
- 2- Since you are full time trader or someone who can't leave without Trades below are few options
 - a. Since most of time market deal in gaps for this period play only on intraday set up. Don't carry any overnight position.
 - b. For long only trader who can't short stock, and want to carry positions always go with 1 ATR away put protection. In case you can't hedge, convert your future in call or call spread.
 - c. Since shorting is not easy to play, as sharp bounce time to time hit Trading stop loss. So if your view is extreme bearish but market volatility will not allow you to hold Future short, convert into put or put spread.
 - d. In case your system is showing good long set up but you are scared with market gaps, Long that stock and find out the weak sector stock and always have 1:1 long – short. (I like this)
 - e. In case you are not comfort in shorting stock and wanted to long stock just buy index put or short nifty/bank nifty 30-40% of your long value.
 - f. In this time of market best time to short stock at 2 to 3 pm and cover next day at 9.15 9.30. I personally did this in March 2020 and now too. This is period where market gets panic before it calm down. (my most favorite)

Since market reversal very sharp no harm in booking profit time to time during this period.

Thank you

@TrendmyFriends