News Defense Checklist

Protect your balance against unexpected overnight gaps and slippage before you walk away from your desk.

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01 Why overnight gaps bypass basic exits

- When unexpected headlines break during quiet hours, liquidity thins and prices can jump past your exit level without trading through every tick.
- Your broker executes orders at the next available market quote, which means thin market slippage can open your trade at a worse price.

02 Using this checklist every evening

- Work through these steps before the end of your session to ensure unexpected jumps cannot compound into unmanaged risk.
- Systematic boundary rules keep your account grounded when fast breaking news occurs while you are away from the screen.

Checklist

- [ ] Verify your position sizes are cut to absorb wide overnight jumps without straining your equity.
- [ ] Confirm your platform loss ceilings are active to halt further execution automatically if limits hit.
- [ ] Verify that your broker account balance meets the $1,000 live minimum for sound risk buffering.
- [ ] Test your platform pause toggle so you can halt automated trading instantly if breaking events demand it.
- [ ] Ensure your automated exit rules and emergency balance stops are loaded before shutting your workstation down.
- [ ] Review your MetaTrader 5 journal log to confirm connection stability before overnight trading begins.

Your next step

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