

LIVE THE DIFFERENCE

VOLUME 2

2020



A Silver Spring Family

C O N T E N T S



04

THEME STORY

A Silver Lining

theme



06

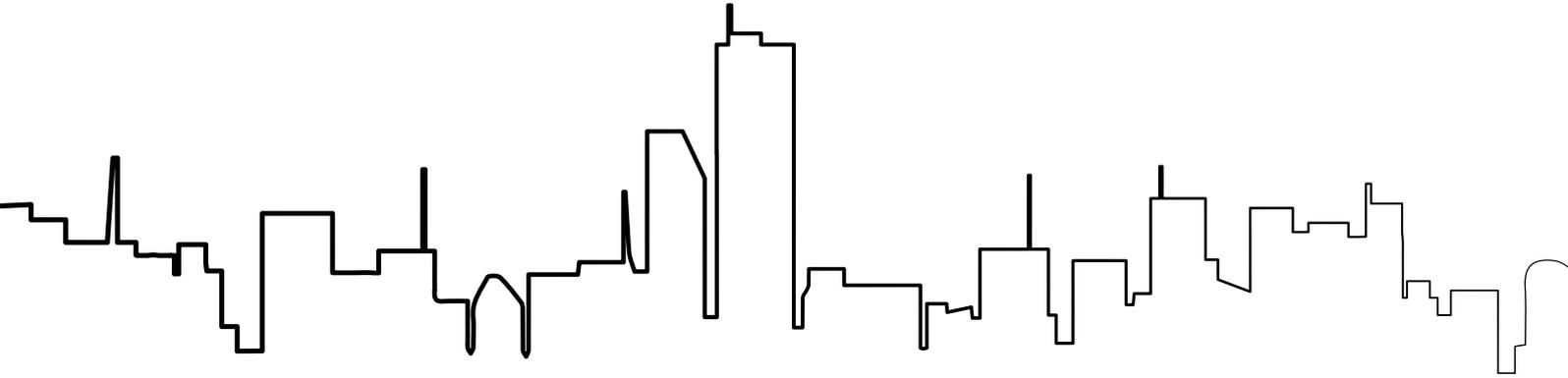
PEOPLE STORY

Keep Going

people



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At the outset of 2020, we began the new year full of excitement. For what seems like a fresh start to begin a new amazing decade, the new year has not been off to a very good start as we have been greeted by one horrible surprise that has now infected almost 2,000,000 people worldwide.

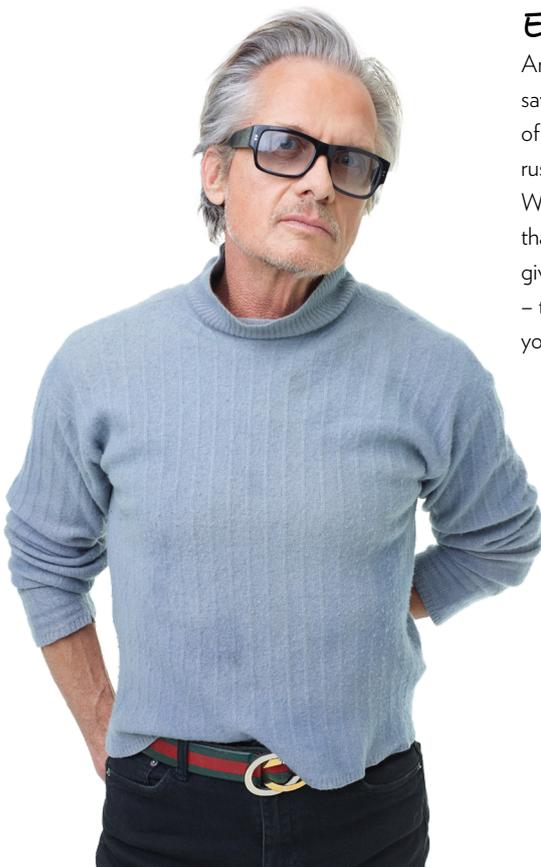
A SILVER LINING

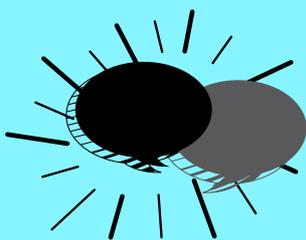
The dawn of a new decade has the COVID-19 pandemic unraveled and shook the world - gripped by an unprecedented health crisis that is drastically and permanently affecting countless individuals, families and communities across the globe. Despite the all-around disruption, time still marches on and you may start feeling that all your 2020 plans have fallen through. From the places you were going to travel, to your 'hitting-the-gym' routine resolutions, poof! - have all gone up in smokes.

At times like these when the news is all doom and gloom, now might seem like an unusual time and may be a tad hard to stay optimistic and positive. Yet, staying positive is a core ingredient in the recipe of successful coping in a time like this! Now, more than ever is the time for us to stay proactive and create moments of happiness in your days. It may be tough to feel in control when everything else is out of your control, but every day has something positive in it. Some days you just have to look a little harder.

Enjoy the little moments

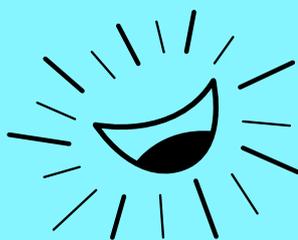
Amid to the stay-at-home measures, start savoring the little moments in life. Like the smell of coffee, the happiness of yay! no early morning rush to work, or even the feel of a hot shower. When you stop to take in these moments, rather than let them rush by like some auto-pilot, you are giving yourself a chance to process the pleasure - that feel-good feeling that helps to brighten up your day and mood!





Strengthen your bonds

Whether you are doing the lockdown alone or with your family, now is the opportunity to spend more quality time with your loved ones. Who says your FaceTime or Zoom calls need to be boring? Do it over coffee, lunch, dinner or wine! Organize offline or online house parties with your family and friends. You can even jazz it up and host a fancy dress-up theme or organize a game night. We all just have to be more creative on how we communicate with people.



Keep up your sense of humor

Laughter is the best medicine! Yes, even though terrible things are happening around the world, but that doesn't mean we can't have a good laugh. A good hearty laugh not only relaxes your whole body, but it relieves physical tension and stress, lifting up your mood and bolster positivity. So, go on and watch a silly video, or chortle at some funny memes, brighten up your days with a good chuckle!

'When we are no longer able to change a situation - we are challenged to change ourselves.' - Viktor Frankl. In times of constant unusual and unforeseen difficulties, what's best about the human nature is that we are able to rise to the challenge. Every dark cloud has a silver lining. We have to be thankful that we are safe and healthy. Continue to keep up the positive attitude, look at this as a chance to breathe a little, re-think our lives and spend time on what's really important. Together, we'll get through this!

Everyone has life aspirations, but not everyone can achieve their dreams in life. 'Successful' is a big word, and no doubt something that many aspire to achieve one day. While we all know that the best view usually comes after the hardest climb, but many choose to give up halfway on the journey.

KEEP GOING

Achieving success in the business is really no mean feat, especially in this era where people are still skeptical about network marketing business. Many think that with the social distancing and pandemic worries swirling around, it is even harder for them to move on in the business.

As a successful Nu Skin leader who has went through all the ups and downs over the years, could you share your secrets and advice to the readers on what should they do in order to achieve their aspirations of achieving success in the business?"

DARIUS TAN & JOSEPHINE LOW EXECUTIVE BRAND DIRECTOR

It was by chance that we came into contact with Nu Skin. The limitless potential that its business platform has to offer are what awakened our aspiration of becoming our own boss. We are attracted by its mission of empowering people to improve lives with rewarding business opportunities, innovative products, and an enriching, uplifting culture. It is also because of its low risk and the business concept of 'achieving success by lifting others', we decided to embark on this journey. Although we know it would be a bumpy journey, but we channel our focus to the end goal – having the flexibility to arrange our schedule to enable us to spend more quality time with our loved ones.

Our Nu Skin journey was not a bed of roses, the biggest challenge we faced along the way are actually ourselves. We have no sales and marketing background prior to joining Nu Skin, we have to start from scratch! Nonetheless, with dedication and focus, we managed to become who we are today. For us, success is not just money in the bank, but a contented heart to empower more people to improve lives!



LOOI HSIEN SIAN & CHIAM AI SZE
EXECUTIVE BRAND DIRECTOR

Prior to Nu Skin, we were engineering managers working in MNC. In our daily job routines, we always focused on anticipating & solving problems for the company, no one had ever reminded us about our dreams and taught us how to be successful in life. When we get to know Nu Skin, we were inspired by the company's Force for Good mission, and also the sales leaders here, who continuously reminded us on our dreams and inspired us with the believe, actions & lead by example. We can be the force for good to empower lives around the world.

We are grateful to Nu Skin, the people who walk the journey together and those who believe in us. The journey to success is always filled with challenges, but behind the challenges, it is where the opportunities are. We always believe dreams and fear can never co-exist. When we focus on dreams, opportunities and happiness, together we can change more lives & discover the best in ourselves.

SHIOU YIN
EXECUTIVE BRAND DIRECTOR

Prior to joining Nu Skin, I was exchanging my time for a monthly salary. Although my savings increased over time, but my health and youth deteriorated at a faster speed. Time flexibility became my desperate cry. I came to realized that change was the only way out.

Upon a friend's introduction, I switched to this completely new venture, and started with one simple mind that focused on achieving time flexibility. I attended Nu Skin's SEA Convention and his crucial event laid a solid foundation of my belief in Nu Skin business. The technology sets the company's competitiveness in the forefront of the industry. We now have the flexibility to arrange our schedule to spend more quality time with our loved ones.

This marvelous outlook of eventual success dims all obstacles along the tough journey. What's more when there are consistent comprehensive trainings by Nu Skin and also our own team mentors who impart their practical experience to ensure we shall see them at the top. Therefore, be very certain of what we want, and all hindrance will fade and give way to us!

SHIREEN ABDUL RAHMAN
SENIOR BRAND DIRECTOR

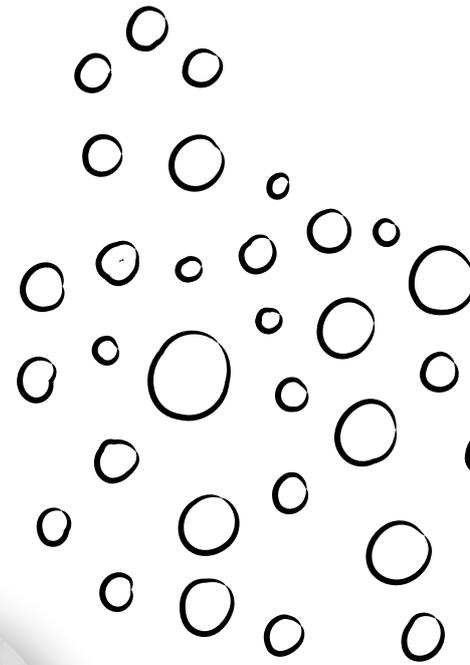
We all face with a lot of challenges in life, but what makes us different is the ability to cope with, overcome and also overturn the situation. Living in this pandemic world, we find ourselves trapped in a peculiar situation where the working environment has changed. To carry on with life, we must quickly shift our mindset to cope with the change and move forward.

Having a strong mindset to succeed and never give up are the keys in achieving our goals. Keeping all your dreams alive is important in ensuring you have the motivation to continue making them come true.

We need to work hard and we may strive to change ourselves to portray the traits of being a successful person. Maintain a diary to jot down your strengths and weaknesses; start building a routine to follow each characteristic of a successful person and take one trait at a time. Change your outlook about life and be in a state of gratitude and happiness.

The arrival of the apocalyptic epidemic is making changes on how people go about personal hygiene, many have started to wash their hands more carefully and be careful about what they might bring to their mouths.

However, with the working from home measures taken into effect due to the lockdown, many tend to neglect skin care and beauty habits as they no longer need to meet people in person as often as they used to do. While it is important to wash one's hands frequently during the pandemic, you shouldn't compromise your beauty by neglecting the skin care of the other parts of your body.



STAY SAFE, STAY BEAUTIFUL

Let's think about it, how would you feel looking at yourself in the mirror with dried and wrinkled skin? Wouldn't you feel better when your skin is looking good? In fact, your skin care and beauty routine can do more than simply boost your appearance, it prepares you to face the day-in-day-out challenges with more confidence; and because you have a life to live on, aspirations to achieve and loved ones to care about, having a pandemic skin-care plan is really important in helping you navigate through this COVID-19 era. Read on to learn how.

Taking care of your body's largest organ – skin

Do you know that body shampoo, scrub and moisturizer are a must-have on your shower menu in order for you to maintain a healthy & smooth skin?

Showering is no doubt something that you do every day. You get in to the bathroom, lather up, rinse off, that's it. Your skin feels cleaner after shower, but it usually doesn't feel any better. Nu Skin's **Liquid Body Bar** and **Body Bar** are best for families (except infants and toddlers) and individuals of all ages and skin types. Featuring a unique blend of humectants to drench your skin with conditioning moisture, Liquid Body Bar offers a better kind of clean, leaving your skin with the perfect balance of freshness and hydration after each shower.

As for people who are living in particularly hot, humid/warmer climates, **Body Cleansing Gel** is an excellent choice as a quick and easy way to get clean. This gentle soap-free cleansing gel is enriched with aloe vera and a collection of botanical extracts to keep skin soft and comfortable. It also works excellent in the sink or shower. So, go ahead and replace your hand cleanser with Body Cleansing Gel and start experience a better kind of clean today.

Now that you have clean skin, what's next? Maintaining its youthful glow, of course!

Give your skin that healthy, polished appearance and feel with **Liquid Body Lufra**, an all-over body exfoliate that revitalizes skin using finely ground walnut shells to buff out rough spots on the elbows, backs of arms, knees, heels, and all over your body. It is also an ideal product for shaving, this exfoliating formula leaves skin feeling smooth, vibrant, and silky soft.

With clean and glowing skin, what's left is of course your new best friend – moisturizer.

Your skin takes up a lot of abuse from the environment that you're living in. Dry air, sun, and wind all could cause dryness and flaking, but fret not! With Nu Skin, now you can benefit from the same protection that nature uses to guard tender flower bulbs through the harsh winter. Featuring a perennial flower bulb extract, **Perennial® Intense Body Moisturizer** is able to help increase cellular durability and maximize the skin's natural defense mechanisms against environmental aggressors, leaving you that comfortable and healthy looking skin all year round.

So, what are you waiting for? Get yourself a set of all these products now and start giving your skin the best care that it deserves. Lift up your confidence today with greater looking skin, and get prepared to face life and chase dreams with the better version of yourself!



"I aspire to work out every day, but I'm just too busy for that."

"Being a good parent is always my aspiration, but I'm always feeling tired keeping up with my children!"

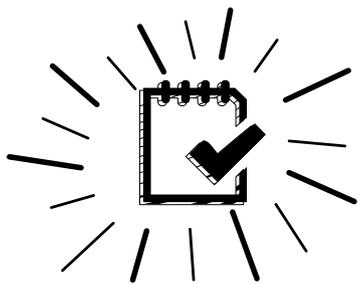
"My aspiration is to be a healthy and successful person before 30 years old, but it's really hard to maintain a healthy lifestyle with my hectic schedule."

Do the above statements sound familiar to you, too? Well, it is true to say that most people have aspirations in life that they would love to achieve; but often at times, it was pull back by the 'many' excuses we have in life.

2020, the start of a new decade and a new hope – which was supposed to be a promising year for all, but the outbreak of the deadly COVID-19 pandemic has wreaked havoc on countless individuals' lives, causing many changing lifestyles to adapt to the new normal.

Plans on eating healthier, hitting the gym, etc. have all fell through due to the pandemic, but who said you should just sit there do nothing and let the problems drag you down? Can't go to the gym? Bring the gym to your house, then! With the imposition of the Movement Control Order in the country, most of us are working from home now, and that means, you get to enjoy avoiding frustrating commute, and having more time for yourself! Why don't use this additional free time to plan your meals of the day or hop on to your yoga mat for a quick, good stretch?

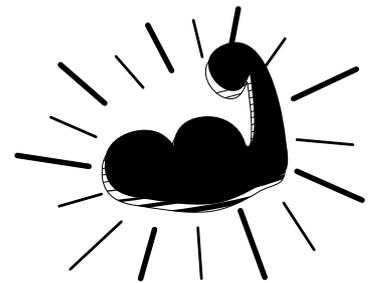
Well, despite the amazing perks working remotely could offer, we also know that maintaining some semblance of balance is one of the biggest challenges for many. However, regardless how heavy is your workload, your own health and wellbeing are not something that you should compromise. Maintaining a healthy body is the key in enabling you to achieve more in life. So, read on for some actions that you can take to work from home without losing work-life balance.



Stick to a schedule

Set work hours for yourself and do everything in your power to stick to them. You should not feel the pressure to work during the time that you normally commute. Instead, you could use this time to do some exercise, make breakfast or spend time with family.

"I'M READY!"

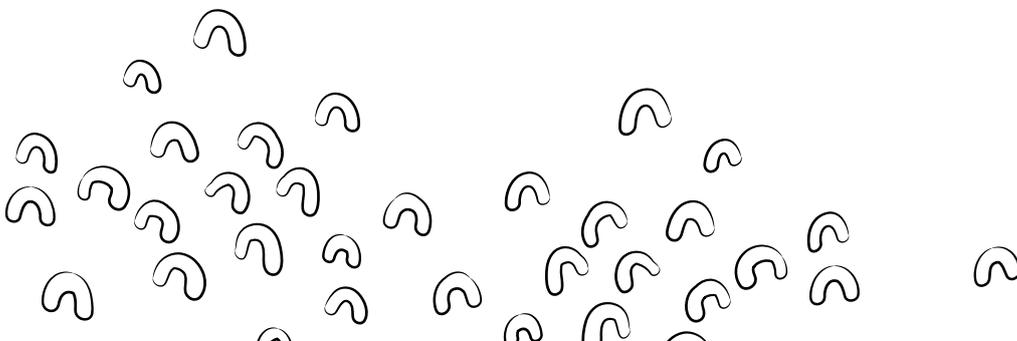


Stay physically active

Ensure exercise is given as much priority as your work. A healthy body means a fresh mind, which means you will function better and complete tasks in less time.

Get comfortable

Invest in equipment that will support you and allows you to work comfortably at home. That includes get a comfortable chair, an ergonomic keyboard, a support stand for your laptop, etc.



STAY MOTIVATED, STAY STRONG

Eat healthy

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. As optimal amounts of nutrients are often unattainable solely through a well-balanced diet, you may consider boosting your nutrient intake with health supplements.

- For improved stamina and energy level – one can consume the proprietary cultivated and extracted **CordyMax Cs-4**[®]. It does not only improve stamina and energy level to keep you going, but also promote a healthy lung function to get you going with sufficient oxygen consumption each day.
- For healthier cell function against free radical damages – one can choose **Tēgreen 97**[®]. This product is a proprietary, highly concentrated extract of the catechins found in green tea. As one of the most potent antioxidant supplements on the market, Tēgreen 97[®] has a 97% polyphenol content, 65% of which are catechins.



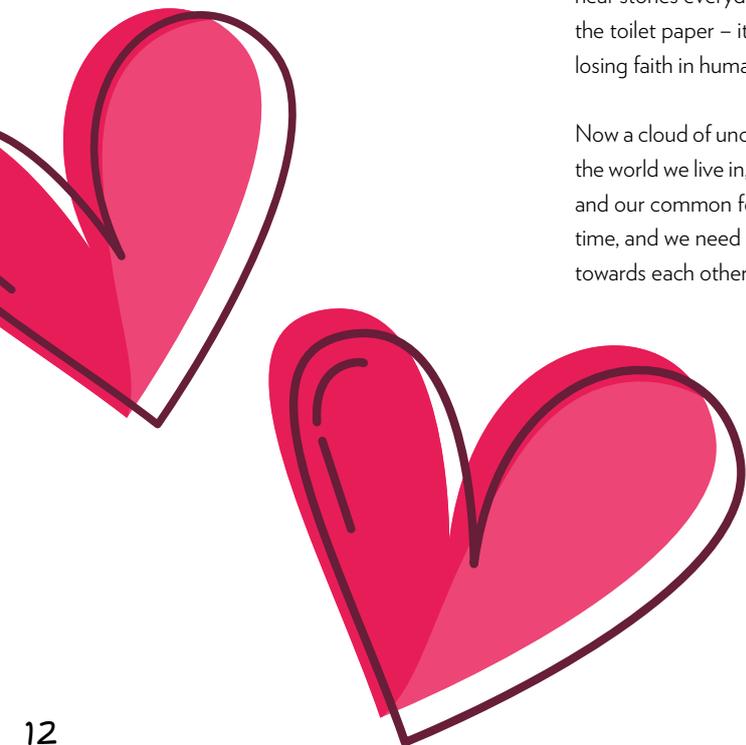
It has been a hard couple of months ever since the World Health Organization pronounced COVID-19 as a global pandemic. This news has swept the world of its feet with more than half of the world's population on lockdown, tensions and stress are running high.



ACTS OF KINDNESS

Day-in day-out, the new pandemic has many of us glued to the news, worried for our loved ones and adjusting our lives to deal with a time full of unknowns. It's pretty tough. To make matters worse, you hear stories everyday about people buying up all the essentials goods, cleaning supplies or hoarding all the toilet paper – it does really dampen one's spirit where it seems like we are moving an inch closer to losing faith in humanity.

Now a cloud of uncertainty may have fallen upon us all, leading to fear, however, no matter which part of the world we live in, no matter what color, religion, nationalities or status, we are all facing the same crisis, and our common fear can become a source of courage, resilience and hope! This is an unprecedented time, and we need unprecedented kindness. So, at this present time, now more than ever we must look towards each other and support and be kind to each other, uniting as one to help us get through this!





Through the company's mission to be a force for good, Nu Skin Malaysia stepped up and extended a helping hand to our frontline healthcare workers. Recognizing the rising demand for Personal Protective Equipment (PPE) suits to protect our frontlines from the risk of COVID-19, the company contributed 600 units of PPE Suits worth RM45,600 to the Ministry of Health (MOH). In the Nu Skin world where generosity never stop, the company is committed to continue caring for the health and well-being of our communities and playing a constructive role in supporting local health officials and government leaders.

As the uncertainty surrounding this pandemic's impact on the nation continues, we should all undertake one act of kindness to help out your local community – be it the elderly, vulnerable or disabled. Why not start by making care packages for the less fortunate, or something simple like checking in on your elderly neighbors – give them a call or, if needed, in person (taking the proper safety measures), or any form of small contributions that can help out the community. The list is endless!

We're living in a unique, challenging and historical time - a time filled with many unknowns. The COVID-19 crisis has made it clear that nothing matters more than people. But for every story about someone taking all the toilet paper, there are more incredible stories of people stepping up to help others during this pandemic. So be those incredibly people! Kindness is an incredibly powerful way to show we are united against this pandemic, and to show that even though the coronavirus is contagious, but so are love, kindness and compassion.



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