



## Living with Non-Visible Challenges

If a member of the Lions family lives with a non-visible challenge, we as Lions members cannot see it from the outside. It might affect how the Lions members can move, feel, or think.

Non-Visible challenges are not immediately noticeable. They can include brain injuries, chronic pain, mental illness, fatigue, dizziness, brain fog, cognitive dysfunctions, autism, arthritis, Multiple sclerosis, Parkinson's disease, and mental health disorders, as well as hearing and sight loss and much more. Non-visible challenges are not obvious to spot, these Lions members may be overlooked and misunderstood. There are thousands of illnesses, disorders, diseases, dysfunctions, congenital challenges, impairments and injuries that can be debilitating.



Pic 1: Blue Eyes emoji with red circle cross-out overtop

These are not always obvious to everyone but can sometimes limit the daily activities, range from mild challenges to severe limitations and vary from person to person.

The challenges of facing each day can be difficult as there is a lack of understanding. These individuals are faced with comments, judgments, and rude questions. The reality is that these individuals are trying to deal with a condition that leaves them feeling drained mentally and physically.

Pic 2: Tired face emoji. Eye lids down ½ over the eyes.



Lions can help create a more inclusive Lions family by removing the social stigma involved when a member discloses a non-visible challenge. They can do this by being understanding, accommodating, and accepting of the unique challenges faced by any Lions member with this type of challenge.

Our mission is to promote Lionism by ensuring that it is accessible to everyone by removing barriers for those who face visible and non-visible challenges and by creating a culture of inclusion and acceptance.



Pic 3: Lion lying down, head facing the reader.