

00:00:06:24 - 00:00:38:09

Bernard Namok

Hi and welcome to Yarning Disability the FPDN podcast. I'm your host Bernard Namok junior. I'm a proud St Paul, Badu and Erubian man from the Torres Strait. And I'm also the son of the designer of the Torres Strait Islander flag. Bernard Namok senior, an advocate for the First Peoples Disability Network, join me now on Yarning Disability as we showcase First Nations people living with the disability as well as their families and carers and other industry professionals.

00:00:43:03 - 00:01:12:05

Carly Wallace

Aboriginal and Torres Strait Islander people. are warn that the following podcast may contain the voices and names of people who are deceased. The First Peoples Disability Network and the producers of this podcast recognize the traditional custodians of the land on which this podcast is recorded. They pay respect to the Aboriginal and Torres Strait Islander elders past, present and the future leaders of tomorrow.

00:01:12:05 - 00:01:38:19

Carly Wallace

If pity and would like to acknowledge our founding elders and their lasting legacy, Uncle Lester Bostock and Auntie Gayle Rankin and acknowledge all first peoples living with a disability. Hi, I'm Kelly Wallace. I'm a delivery and you woman and the National Training and engagement manager at the First Peoples Disability Network. You've probably already heard my voice on other episodes of Yarning Disability.

00:01:38:24 - 00:02:09:08

Carly Wallace

I'll be contributing stories to the podcast from time to time. On today's episode, I spoke to another First Nations person living with disabilities, Gomerioi man, Matt Finke, in a busy Newtown street in Sydney. Matt owns his own tattoo studio called Something Original Tattoo. Matt's pretty successful. He's a former Australian defense member, a businessman and an accomplished tattoo artist who's won countless awards for his tattooing.

00:02:10:00 - 00:02:28:11

Carly Wallace

What many people don't know about Matt is that he was recently diagnosed with adult autism and adult ADHD. I yarn to Matt recently about his disability journey in the background of this conversation with Matt and I today, you'll hear some tapping, and that's the sound of his dog, Jacko. He's walking around the tattoo studio I spoke to him from.

00:02:28:20 - 00:02:35:20

Carly Wallace

There's also a bit of tattooing sound in the background and just a warning for listeners. This conversation may contain some coarse language.

00:02:37:06 - 00:02:59:02

Matt Fink

I'm known currently in the tattoo world as Matt Fink Gov name is Matthew Mark Miles. Tell the world and im a Gomeori man than grandparents in my parents era. I grew up around Glen Innes before they came to Canberra and Sydney.

00:02:59:16 - 00:03:02:23

Carly Wallace

Now you're a tattoo artist. What did you do before that?

00:03:03:23 - 00:03:37:06

Matt Fink

I had done a lot of things like my like renowned as a career wise, the biggest chunk I was a sailor in the Navy. I was in the military for almost 11 years before before tattooing. I've been tattooing now for 13 years and in, in like in the industry anyways, how many other jobs. So someone pointed it out and I kind of particularly from a neurodivergent kind of lens as well as someone else, that sort of like friends that I follow up your way actually Nadine Camali.

00:03:37:06 - 00:03:59:11

Matt Fink

Like Dean so she's got ADHD. It was like a little bit of they just ran all these like career tangents, life tangents that I had and I but somehow managed to successfully, you know, be pretty good at all of them. You know, it's just like as long as your attention span can like focus on that one thing and then as I move on, let's go.

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Matt Fink

Yeah, so But there are other things that I've been like professional basketball, referee. I had my little time in the sun, like my one one season as a semiprofessional basketball player for the Sunshine Coast. Breakers claiming. Yeah. One of the things, I was an apprentice pastry chef while I was still in high school, so working at the bakery, bloody Landsborough.

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Carly Wallace

So. So you've done all these things in your life, you know, like you had a very successful career in lots of different areas from military to now tattooing, selling fines. You've done a lot, say you've been able to get through life, but you are a person with a disability and disability, should I say. Do you want to explain what that.

00:04:46:19 - 00:05:17:19

Matt Fink

Yeah, definitely. Disabilities, plural. So I'm juggling chronic pain all the time. I've got like I legit broke my spine several times while I was in the military. At least two of those went completely missed like they didn't catch it like it was only after I left that like the very first, I think it was a neurosurgeon, I was saying, and yet it wasn't even new scans just looking at their from like scans.

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Matt Fink

So I a going like what do they do about this fracture in this fracture and like what fracture? Like they sent me to the physio. It sent me back to saying that. So yeah, it was like they physically manipulated on vertebrae that was literally broken couple of Panadol figure, you know. So that's like actually like my back is a key one and I obviously I chose the wisest career to tangents into afterwards.

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Matt Fink

It's like, yeah, doing that like I equivalent let's sit hunched over like a pretzel for hours on end, drawing pictures with NATO's on the table, you know, it's like but they, you know, the thing is where when you don't have really a choice in options like when I left there was a big like a massive time span. And back in between, like what the conditions were like when I left and when I actually got that support and follow up from David.

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Matt Fink

So I didn't really get any of that until maybe seven years down the track after I'd already been out.

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Carly Wallace

Defense Veterans Australia. For those that don't know DVA, it's that support network I guess you get once you leave the military. Yeah.

00:06:31:19 - 00:06:57:13

Matt Fink

That's that's the idea. Yeah. Whereas like my sort of personal hierarchy had essentially gone like, no, like you're getting kicked out because your weight, even though the two were very intertwined and even like the doctors at the time said that they like the first time I had weight issues was, was the first time I had major back issues.

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Matt Fink

And I couldn't couldn't move, couldn't train, couldn't do anything. And that's was always the ebb and flow from there on my sort of injuries and pain management and weight fluctuations. So whenever it was that bad that I couldn't, I've just got that kind of body type. It doesn't matter what I eat, I have to physically move my body and if I don't move my body or I can't, then I gain weight.

00:07:21:07 - 00:07:23:04

Matt Fink

Specialist helps my body works.

00:07:23:08 - 00:07:24:00

Carly Wallace

Man to.

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Matt Fink

Yeah yeah that's on the physical side of things that's the main one. But pretty much every other like overuse kind of thing that came with the territory sort of military service as well, like shoulders above the rest of us, the major busted ankles of us to and yeah. And brain is busted and it's like, yeah, lots of things.

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Matt Fink

I think that didn't come until much later when I had what I now know was like either a combination of like a major depressive episode, but also leading into one of the other more recently diagnoses for that. So I only found out last year at the ripe old age of 43 that autistic and ADHD. So a bunch of those diagnoses last year as well.

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Matt Fink

So I've been diagnosed prior to that with PTSD and complex PTSD, major depressive disorder, generalized anxiety disorder, alcohol use disorder. And yeah, yeah, that's those are the those are the headlines. And there's a whole bunch of footnotes in there as well. Yeah. Like I was thinking about it the other day after you talk in general and like thinking about it as much as like, like my journey, particularly with my mental health is like been massive and like so, so the last 4 to 5 years of how even that wouldn't have been possible.

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Matt Fink

Like, like obviously it's a double edged sword because like there's like giant chunks of causation as well. So like literally I wouldn't be where I am now and like able to function and walk and talk and even be alive possibly and a member of society. If I didn't have like my TBI stuff from the military, my military service covering that mental house, you know, because like I talk to lots of other people particularly more, but like literally anyone that's struggling with their mental health and like what those barriers are like and what's that, you know, getting a health care plan and they get their little ten sessions and that's it.

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Matt Fink

I couldn't possibly imagine going through the same struggles that I have been through and trying to navigate that side of it as well. Like, luckily, like the progress that I've made has only been possible because I, I had that cover of the mind you, I had that cover because they did it and tie to each other breaking me in the first place, you know.

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Carly Wallace

So those have come those diagnosis a lot from your process with DVA or has the autism and ADHD diagnosis come from you actively seeking that out at how did that part of it come around?

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Matt Fink

The pursuit of remedying my mental health stuff entirely driven by me, it's just fortunate that it was funded by my health cover that I now have through DVA. That's their main involvement. It's not like that they've actively provided support. It's just there because I now have the competencies I pursued, like all my claims for that stuff, and it's more so the work that I've put in for those other skills like depression and PTSD and anxiety is particularly that.

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Matt Fink

But achieving all those goals and bringing those things down to like I familiar, like you do sort of periodic assessments with you. So just to sort of assess where your levels are at with everything and like in the last of a 6 to 12 months when I was done those for all those other things that were this major part of my life and health issues and everything, all the levels for various things.

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Matt Fink

But now down below what would be considered the thresholds for diagnosis, which is what that did, however, was like shine this giant beacon of light on all these other symptoms that were still there, you know. So because there was just this cloud and shroud of all these issues going on, very specific like traits and stuff that were to do it, like being autistic and ADHD weren't that noticeable just because like there's a whole bunch of them that are kind of crossovers anyway.

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Matt Fink

So I was like, Oh, you're like that. That's just to them, I think. Yes, they are. You're like, That's just code. We're like, We didn't take it away, but we like lowered our levels of all those things and none of these that thing still there, it's now much like louder and brighter because you've reduced the levels of those other things.

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Matt Fink

And yeah, so it just kind of very much put new scope and perspective on so many things in my life prior and even some of those things that had been put down as being like purely back depression or purely because they are stuff like that. So it's like, all right, well you've clearly done the work, you know things and now know these things too.

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Matt Fink

And it should be there. Like more of an issue. Yeah. Like even to take an analogy that pinch it from like my pain specialist like way in. Yeah. Sort of spot checking certain things like address things I do like I got at one stage, got like kind of it was called it's like nerve ablation. So they literally burned off the nerves and said it's fine to release it, right?

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Matt Fink

So I had that and it was very helpful. But what does that do? Because now that it's actually the knowledge is gone, it's you just turn the switch off, you know, so it's not sending that signal to your brain anymore. Now that that switches turned off, you can notice all of the other things that were also causing you pain.

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Matt Fink

But and now they seem like worse because the worst one has been turned off.

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Carly Wallace

The diagnosis, I guess, of your autism and your ADHD for years and years was kind of being masked underneath PTSD. And all of these other psychosocial disabilities that have come out, I guess, evolved from your time in the military with your physical injuries and things that are now, I guess, impairments, right, for you to live your life with.

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Carly Wallace

What was it like, I guess, to to get to this stage now and go, oh, I've got autism and ADHD. What was that like?

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Matt Fink

Well, it's literally is still a liquid process that's kind of happening now. And in talking to some other friends of mine that were also like certainly not as late as me, but definitely like later diagnosed in that, like they would be found out in adulthood. But it was like, you know, it could sort of 2 to 3 years thereafter are really figuring themselves down and and finding themselves and like learning to love and embrace their true self.

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Matt Fink

Because so much of both of those conditions is like surrounded by, like masking, like, like the idea of like, yeah, like just putting on the face that causes you least distress and like, yeah, rejection and hurt in the world, you know, then very much co-mingled kind of factors, not even just military stuff, but like childhood stuff, growing up.

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Matt Fink

Like that's where the sort of more complex PTSD sort of side of things came from like a very early age. So like kind of learned to mask and dissociate heavily and do what I need to do to fit in from a very early age. So like, what's the path of least resistance where it's like, you know, I'm not going to get high, you know, mostly as a sibling now and I can move through the world and like not yes.

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Matt Fink

Like not cause waves, you know, because it's get to be other or to be different was definitely doing that.

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Carly Wallace

What's the earliest kind of memory where you thought, oh, this one might be a little bit different, you know, like I think a bit differently or I feel differently because of your disability.

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Matt Fink

Are like there's definitely signs along the way, but you know, with what they were putting it down to, you know, as a kid growing up in the eighties like that, none of these things or awareness was there or even if it was, it was very much like the idea or that label was very much shunned so that no one would definitely want to have like having a thing to do with that, even if it was something.

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Matt Fink

I like knowing what it costs now cause I had to pay out of pocket to get that assessment and diagnosis. I can only imagine it would have been because it would have been so much more noise if anything existed then it would have been a giant expense that they, even if they had wanted to like Miles, wouldn't have been able to afford it, you know.

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Matt Fink

So, yeah, there were signs at a very early age, like I could almost read before I could walk. So I was reading like at a high level from my age to and then like that goes, that was one of my major escapes, but also like hyper-focus kind of things. Like I read everything. I read everything in the house we have this ridiculous giant full set of like probably encyclopedias.

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Matt Fink

Like when I ran out of everything else, I read the Bible and the phone books and the everything, like, I just had to consume noise. I was literally that kid walking around reading a book, those things and like this, there's stigmas that came with it with realizing that not everyone was like that and not everyone found that fun with some of you just kind of straight away, like in that school environment recently came across.

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Matt Fink

My dad passed by Christmas before last and we're like going through all this stuff. He was massive hoader. So there's like literally every anything and everything that we never left there or even from childhood was there. So like school or books and stuff. And there's like a particularly pivotal moment. When I was in grade four, the report card was literally both the teacher and the principal, vocalizing how they were frustrated by the fact that I was.

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Matt Fink

They considered me lazy and inattentive. But I had also still aced all the tests and all the assignments, which is like a testament to the sparks your brain. I've done what you required. I just didn't do it the way that you want to do it. And that's. It's not my fault that you can't comprehend that my little brain could do it already, basically like that.

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Matt Fink

And that was a whole thing. And I got back to school and like credit. So it was like one of the few times when I was like, but I came for that stuff. Like he's like, whatever was said, I have to tell the teacher was actively sweating like, you know, like after he exited the room and then magically skipped the whole grade.

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Carly Wallace

The education system. Now I think even like you said, you grew up in the eighties, but I think that education system hasn't. It's getting better. But I think like ADHD in our community is not really highlighted and not talked about. And I guess because of research that only in the last few years and diagnosis and like you said, that that diagnosis process is really hard for parents, especially our mum, who may not have the idea of what to pick up on for our kids or how, you know, there's pediatricians that are really hard, like there's long lines, like it's a societal issue.

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Carly Wallace

But for our mob, we we don't see we don't see disability, right? So we we just see the kid as this kid hard head They're hard head or I just was smart. But you don't put an effort. Like, did you have like I guess a bit of that like growing.

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Matt Fink

Up or all of that? Yeah, yeah, yeah. It's like smart ass but as lazy and you know, like all of those elements, you know, it's like I fail to see and I still like up with those kind of ideals even in adult life, you know, particularly in that sort of military environment, where to be like you always had to be seen to be doing something like that.

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Matt Fink

They can look away from like why the if if I've been efficient and done all my jobs, why can't I be playing sports? Yeah, it's like, why am I punished for yeah, I could do it all my shit because like now is what will happen if you finish yours You can go help them over there why though they had the same amount of work that I did.

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Matt Fink



Like that. Yeah. Like the kind of thing that would go on at that younger age as well.

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Carly Wallace

So how is this diagnosis now, I guess, of autism and any how has that changed your life day to day now?

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Matt Fink

One, it gave me some degree of validation in the actual life and sort of had been living that it wasn't like what I dreamt up in my head, you know, after I'd just literally felt like that little bit alien in the flesh, fit in on a number of levels by sort of to me familiarly as well as sort of socially as well for the most part, like it's giving new perspective to a whole bunch of old experiences as well and sort of not just on my personal thing, but from that too, as you were talking about with our olds not necessarily being able to like recognize the signs or acknowledge the signs because, you

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Matt Fink

know, you just adapt to how people are being, how they are like an indicator as to why it might have been so difficult for me to even notice, even if I had no other issues and just been, you know, little naughty me growing up and like supported but had no other issues like that, you know, affected my mental health.

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Matt Fink

It's like, why would it taken me so long to realize that come to realize that so many people in my friend circles and familial circles that are also kind of neurospicy as well so then everything around that they can that their their way is normal. And so if you're raised by people that are also in that space, so it's some kind of way, then that's all you're going to think is normal.

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Matt Fink

You know, like I'm even I reconnected with one of my uncles that I haven't talked to in about 20 years, and I'm of telling him about the diagnosis and just, just yeah. The footnotes, like some of the things that would be, you know, the indicators that made me start to think, you know, maybe that's the thing. And, you know, rattling all these things off and he's like, Hi, everyone's I've got something to tell you.

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Matt Fink

If you think that that's what everyone's lives and you're probably like it too. I think, like you mentioned before, with parents getting their kids assessed, that's how a bunch of the people that I know as adults finally found out that way because their kids were getting assessed and they had to backtrack and do the whole assessment again because they were

helping the kids build the thing out like, oh, what's, what's a normal amount of like dinner and like what's, you know, blah, blah, blah.

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Matt Fink

And they're, they find this, this, yeah, this is normal. Only when the doctor, like, stepped in and what's a normal amount? Like what's not a normal thing? And then they rattled off that. I think we need to separate the two and we're going to fill out as well. We're going to get to that. We're going to start this again.

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Carly Wallace

Because of our mob with disability. And just in, you know, in our culture, we are dealing with so many things, right all the time, whether it's poverty, housing, justice, health, like we're up against all of these things because of colonization or I like that that came here and that's what the effect is. So when it comes to disability, it's kind of like at the bottom of this stuff, we don't that we're not we don't have time for that.

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Carly Wallace

We don't have the capacity sometimes to even recognize these things because we're dealing with this first base basis type of survival stuff every day. So going and getting a diagnosis or looking into things is probably not a priority, right? And it's also another stigma. It's also another label that our mob don't want. So like, how was that? You know, you said you wouldn't actively got that going yourself.

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Carly Wallace

What should be in place for mob because ADHD is not on the the NDIS list, so why should they go and get a diagnosis for that.

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Matt Fink

Well yeah I think particularly if like say that's your, I mean the thing that impact you, I feel like it would be extremely valuable at least if you can get enough support and the right people to say, which I know in and of itself is such a whole and such a journey. I had to shoot myself like my like super, super negative experience with the first psychiatrist saying that being stuck saying and that was because a little bit of an unfortunate trap know that was not caused by DVA but it was like essentially that the reason why I end up having to be stuck with that person for so long was CVA related because my

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Matt Fink

mental health clients were already in and they're like, Alright, you've submitted them with this doctor. If you change doctors the process starts again. You know, like you go back to the very beginning, you get the message or for that person again. So I ended up, you know, stuck with

this person who was actually impacting me negatively as well because of their biases, specifically around race.

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Matt Fink

They would repeatedly even ask me highlighting it, saying that it had yeah, that it was an issue for me. I hear it constantly refer to me as part Aboriginal and I'd be like, which part? You know, what the fuck you on about. One of the like the, the crowning glory of his his diagnosis was to get assessment, was telling me that I was only depressed because of an alcoholic and I was only an alcoholic because I was Aboriginal.

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Matt Fink

And that's the one time I wasn't part Aboriginal. Okay, so black, sick, you can get it been, you know, like those kinds of negative experiences I've heard echoed by so many people. Yeah. If your health care professionals provide is coming into it with these biases and opinions already that they then imposing on you like I can see very easily why people would get disheartened.

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Matt Fink

They got enough for that. It's not the way I entirely aware of that privilege that I have had, at least since since having all of my clients in that I have that support and that ability to choose who who I work with and, you know, have the privilege of benefit that it's paid for. Like I said earlier, I wouldn't have probably even been here by didn't have like my current psychologist that I say like I was seeing her weekly for about two years and I can't imagine what that what that cost would have been like.

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Matt Fink

So few people had that level of access and support at the same time when you need to find the right ones, it's because of that psychologist that thought they saved me. Hears me, knows what I want and where I want to go from where I'm currently at. That, yeah, it's through to their benefit and their support that I did pursue, like the autism and the adhd diagnosis.

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Matt Fink

And also within that there were the referrals I got I worked really hard to get off of the laundry list of my head and pain and any psychotic meds and stuff that these other people had had me on. So I worked really hard to work through my shit and also get up for those things. And in that pursuit, like the specific ADHD doctor that she's referred me to, the approaches are about helping you manage it and modify your lifestyle as best you can to both work with your symptoms and also get to maximize that without just manic medication like intervention.

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Matt Fink

And, and I know it's not totally not put in shade or on taking best by an extremely helpful tape and was for me at the time. It got me to the place where I could make the decision that I didn't want to need to make. You know.

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Carly Wallace

We we kind of talk about that in FPDN and about the medical model of disability where psychiatrists and doctors and that health model that prescribe and see it from that medical scope. And sometimes, yeah, that there is entrenched racism right within the health. And you talked about that around a psychiatrist in your journey on your part Aboriginal like these things that are barriers that are just seen our people as something to diagnose and to treat right as opposed to a social model of care that can work side by side with medication and other things, but a social sort of culture and you know, socially on what helps you with your lifestyle.

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Carly Wallace

So like what are some of the things that aren't that move away from, I guess just medication or just being treated for it? And what helps you with your your disability is your physical disabilities, but also your mental disabilities.

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Matt Fink

Just on a personal level. And this is something that I was doing already, but I realize now as soon as that it's like through that lens in that a framework of understanding how both autism and ADHD work and impacts your your brain. Also, I was already very much kind of almost micromanaging my time to have everything planned out, like in my group calendar when they're young with you, or whether it's coffee with a mate or whether it's appointments or like personal medical, you know, work related tattoo appointments, any of that.

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Matt Fink

If it was not in the calendar, it doesn't exist. And that that's kind of how my brain has adapted and worked. And it's been like the best move for me takes away those days. But I sort of mind blanks and like memory issues that happened sometimes because it's a hilarious, double edged sword that like, I have almost definitely part of my autistic side of my brain.

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Matt Fink

I have like quite an actually exceptionally good memory as far as like, like bordering on photographic it it's what made me good at doing school stuff because it's like, like if I've read it then I, I know it. So I would be like spoon, like speed rate of things just before tests and like being a kind of superpower.

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Carly Wallace

I wish that.

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Matt Fink

Yeah. Yeah. And then, but then like. Yeah, like things like PTSD and ADHD, they give you massive bouts of brain fog where your memory sucks, you know, like, it's like the day to day things, you know, like, so yeah, like remembering like those, like sort of our commitment. So even just like life things in the House basis, you know, staying on top of chores and all that stuff, it's like that's where I sort of dipped and stuff I like doing those things and it's like, like that's part of the masking and the facade I guess of real what, you know, like maintaining like my floss level in the public eye and then benefit of that

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Matt Fink

sort of calendar system as well. I've got dedicated days and time frames during my week, every week which are nobody call me nobody talk to me Iâ€™ll be in the doona, you know, and day of rest, like actively needed from both like a mental exhaustion standpoint. And I go because that's what I also sort of stand out, get the spectrum side of things like it's physically exhausting doing that, that sort of mental, you know, neurotypical dance among the world you know, like they step on that mask and and go and pretend to be a normal like doing that all the time.

00:32:24:09 - 00:33:03:09

Matt Fink

It's just that it is exhausting, let alone actually physically doing anything that's exciting as well, you know. So it just adds another layer of understanding to my like both my sort of chronic pain stuff as well. Like it's like, okay, how much of that, you know, was, was actually physical and how much of it was mental that that manifested as physical as far as some of the things that are just a little bit more subtle and helpful that I've started doing via the ADHD doctor based course by reading, look and read.

00:33:03:10 - 00:33:49:19

Matt Fink

Lens go dark sunglasses that I wear at night and I've got these like red. Like it's not strictly red, but like by default they're red because the bulb design to try to diffuse like blue and green light, which is like artificial, like from screens, like lights and stuff like that. So all of that stuff is geared around trying to help reset your circadian rhythms so your brain knows to relax and try and go to sleep, certainly on its own, wouldn't have any impact on my cook noodle, but in the accompaniment with the meds that I do take at night now and holistically, the way that I liken it to just having that lab and the

00:33:49:19 - 00:34:09:07

Matt Fink

glasses on, like say, if I need to go downstairs, go to the bathroom, get a snack, whatever, like leaving them on. It's like a kind of warm, fuzzy feeling just before you're about to drift off state, whether it's like in

front of the telly or in bed, it keeps you in that pocket by not having that stark, white, blue, green light introduced.

00:34:09:07 - 00:34:20:07

Matt Fink

Because I think that physically does wake your body up of tissue in the tissue in that warm fuzzy line. So when you get back to bed that much easier to stay in that pocket and get into that pocket.

00:34:20:15 - 00:34:43:05

Carly Wallace

I love the way that you speak about your disability, you know, like because that word disability can be very stigmatizing. And I love I am always starting to be creative around how we speak about ourselves and our mob and yours. You know, you're saying things like spicy noodles, spicy brain, you've said a few other things and they want to describe your yourself.

00:34:43:15 - 00:34:44:19

Matt Fink

But that's my brain hole.

00:34:44:22 - 00:35:19:09

Carly Wallace

That's right. Your brain hold. That was the one. Yeah. And you know what? That's that's to that breaking down of like just normalizing it, right? Like there's so many people in the world that in our community especially, that are getting by and trying to live with their differences, you know? And it's up to us to make people feel included. And that culture of inclusion, what's something, I guess, that you'd want to tell other people that may be feeling a bit different or may have, you know, similar disabilities to yourself, that, you know, you as someone who is successful in life that is doing lots of things.

00:35:19:09 - 00:35:35:06

Carly Wallace

And I'm sure some days it doesn't feel like it, you know, well, you might have you down days where you feel like, yeah, I'm not the best, but I, you know, you're in a pretty good place. You own your business. Yeah, you're doing really great things in communities. So what's something you could share with other?

00:35:35:19 - 00:36:07:04

Matt Fink

I think the the main thing is it definitely has a secret to more concerned about your mental health. Don't be shy and doesn't have to necessarily be someone professional as such. You know, start by having a conversation with your classmates and talking to them honestly about things and how it's impacting you, how you're feeling. But there's certainly plenty of like grassroots kind of support that are trying to do that kind of thing and to fill that gap as well.

00:36:07:14 - 00:36:34:14

Matt Fink

Mental Health For Mob If you feel that Instagram handle their mental health nurse. So they've got a lot of qualifications, but they're not quite a psychologist or psychiatrist, but that they are trained in that kind of care and they are involved and they care and like. So that's something to keep an eye out for. AS And certainly not the only one, but I like the first one that comes to mind.

00:36:34:23 - 00:37:06:24

Matt Fink

So there are options out there from both a cost effective kind of point of view and also from that cultural point of view with not concerns that people aren't going to get your issues or just not be able to relate the main thing as well. Like I definitely felt on the outside and I was like, you kind of mentioned it, even though despite all of my comparative success, you know, despite all the hurdles, it's only after reaching this sort of I guess, ultimate conclusion.

00:37:06:24 - 00:37:25:02

Matt Fink

Like I feel like I've like stayed in the big box. This the final game, you know, like sick. I got to the end. Did I win mental health? I'm in there. But because of that, it's given me a fresh perspective and a kindness to myself that I didn't have before. So, okay, so it's so it's like the harshest that anyone else was.

00:37:25:02 - 00:37:40:17

Matt Fink

I mean, I was like ten times higher. And myself knowing this, these things about so you can learn to embrace and be kinder to yourself and be more your more but also self, which is like all anywhere. And it's been wonderful.

00:37:42:03 - 00:38:17:13

Carly Wallace

That was Gomeri man and tattoo artist Matt Fink sharing his story on Yarning Disability. If anything you heard in this week's podcast episode was distressing for you. There is help available. You can contact one three Jan on 1390 276 or beyondblue on 1300 double to force 636 or Lifeline on 13, 11, 14.

00:38:19:04 - 00:38:36:24

Bernard Namok

Thanks for listening to Yarning Disability. I'm your host, Bernard Junior. Follow FP and on our social media accounts to stay up to date with future episodes and information. You can also visit our website at the FP and dot org. Today you.