

Heavy Metal Self Help

An Activity Book for People Who Like Punk, Metal, and Alternative Rock Music

Thank you for picking up a copy of Heavy Metal Self Help! We put this book together to promote positive mental health while providing engaging activities relevant to fans of punk/metal/alternative rock music culture.

To make future versions of this book even better, we have a before and after survey. If you would like to help us, please complete these surveys.

The before survey: <http://tiny.cc/HEAVYPRE>

The after survey: <http://tiny.cc/HEAVYPOST>

Local Band Word Search

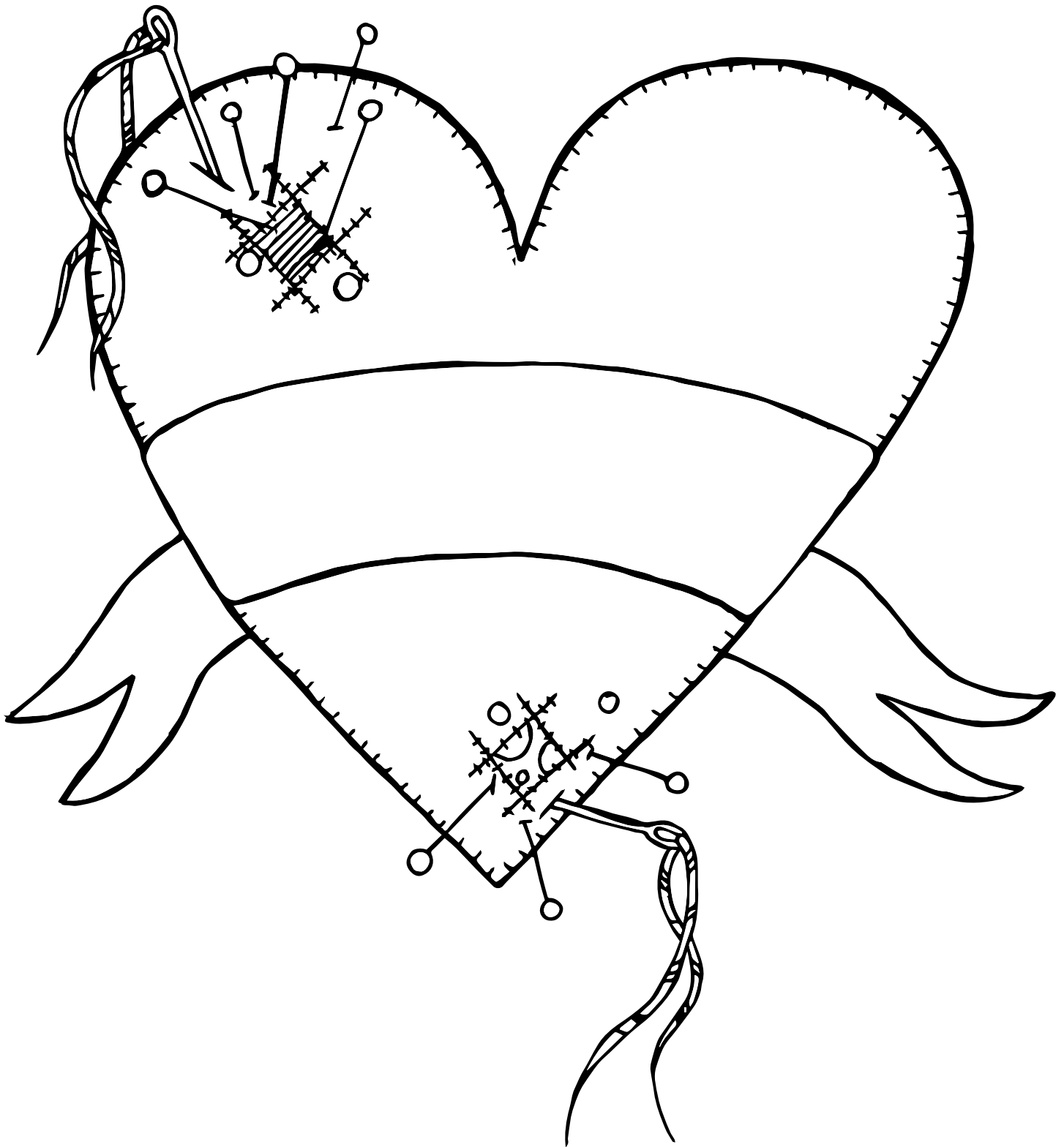
S P I R I T O F T H E W I L D F I R E C
B E H O L D T H E C O N Q U E R O R N L
O B A P H T L N Z C H I L X O L E X Y N
U O G L I T T L E Y O U L I T T L E M E
T O O S P I J Y S C W W E K R L I D L U
T J L I K E A M O T O R C Y C L E O Q U
A I B O O K B U D D I E S J R F T K N O
C B D C J S R G D E D C M C N L H M J K
O O X O F W P T L T D Q Z Q U W U V J P
N Y S A E E V A R Q B X Z A S G B B P X
T S X P A B D A M K Q J S H F L T U L F
R Y S U W L P Q P B M N Z X L U F P R W
O D R U O T V L P S O H K U N N N B K L
L V P X S Y T S O I K H N T V J M G P N
L N I R Y S Q R L N C K K C L S G N U N
E M O D E A D N A M E X W T U A A A Q S
R W F U V C G D N T E M G Z H G U C Y K
X Z W A C O U S M A C H E B U C T O E U
M Y F U I H K D X M B K S W R K G O U O
H Q D U H B O E M A T T Y G R A C E I V

HAG
OUTTACONTROLLER
WORST PART
BOOJI BOYS
LITTLE YOU LITTLE ME
LIKE A MOTORCYCLE

DEADNAME
MATTY GRACE
SPEW
LIONSALT
KNULL

FUNGUS
BOOK BUDDIES
CHEBUCTO
SPIRIT OF THE WILDFIRE
ACOUSMA
BEHOLD THE CONQUEROR

Write It In Your Heart!



In the middle of the tattoo, write down or draw things that make you the happiest.

Reflection Time

Think about your favourite live concert experience(s)...

Who did you see perform?

Were you there with anybody?

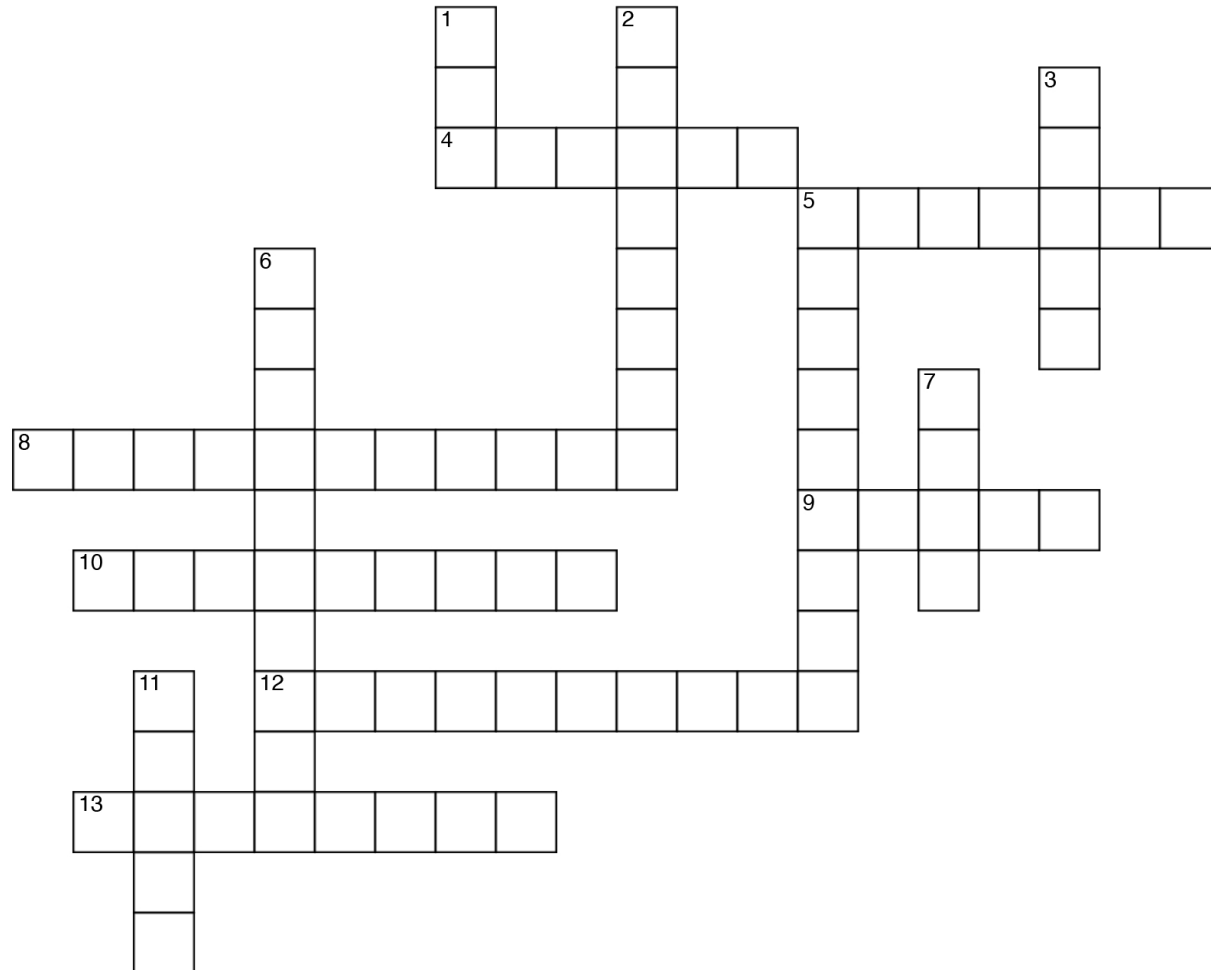
How did you feel?

(An example could be: feeling connected to others, having a spiritual experience, feeling joyous, uninhibited, or like "yourself")

What is something you can do to bring back that feeling when you're feeling sad/anxious/alone?

(An example could be: listening to the artist you saw, talking about concert memories with others, playing the song on an instrument, joining a fan message board online, or watching concert footage on YouTube)

Hard Rock Crossword



ACROSS

- 4 - Bands on tour pack their vans like this game
- 5 - The act of throwing yourself at or near others at a show
- 8 - Alanis Morissette's original drummer quit to join this out-of-this-world hard rock band
- 9 - Complete the chant: "___ ___ Let's Go!"
- 10 - Metallica rode this weather phenomenon to metal legend status
- 12 - Bald-headed metal singer know for breaking the law and living after midnight
- 13 - British guitar amplifier brand most closely associated with rock and roll

DOWN

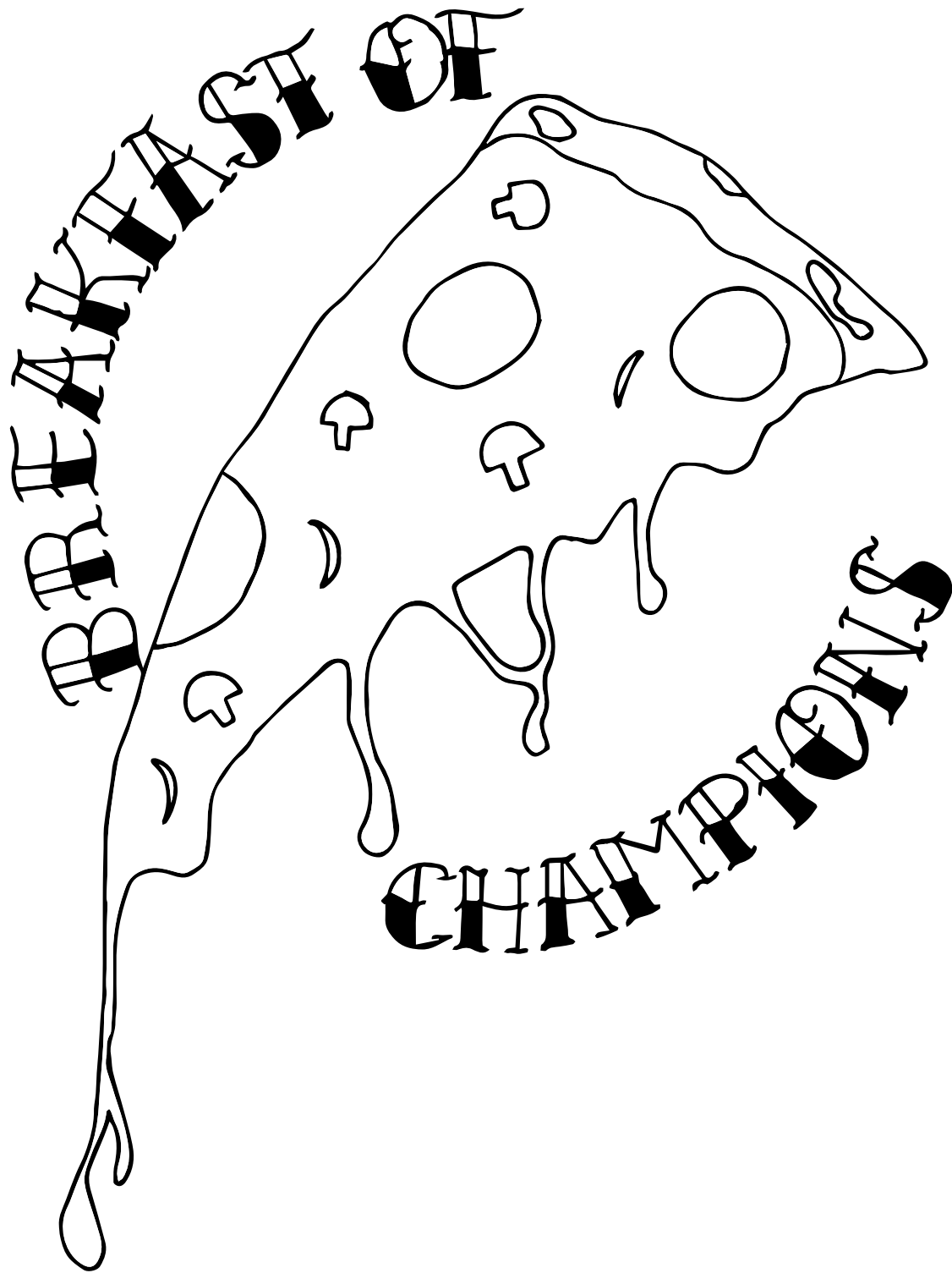
- 1 - A common command at hardcore/metal shows is "Get into the ___!"
- 2 - Essential protection for loud shows
- 3 - Dangerous yet popular accessory for belts, bracelets, jackets, and necklaces
- 5 - English hard rock band known for their hit "Ace of Spades"
- 6 - Singer Ronnie James Dio is credited with popularizing this heavy metal hand signal
- 7 - Common cover charge at all-ages shows
- 11 - The most metal of colours

What's In A Name?

Sometimes a little change will do you good.
Connect the famous rock band to their original name!

The Slits	Sweet Children
Marianas Trench	Mammoth
Three Days Grace	Paloma
Queen	Xero
Green Day	The Army
KISS	Ramsay Fiction
Black Sabbath	Childish Intentions
Pearl Jam	Mookie Blaylock
Van Halen	Wicked Lester
Evanescence	Smile
Linkin Park	The New Yardbirds
Blue Öyster Cult	Manic Subsidal
Heart	Atomic Mass
Def Leppard	Happy Go Lucky
Led Zeppelin	Soft White Underbelly
Protest The Hero	The Polka Tulk Blues Band
The Offspring	Groundswell

Mmm... Pizza!



Colour in this flash tattoo of a metalhead's favourite meal!

Concert Mad Libs

Fill in the blanks to create your own story about a great concert experience!

For even more fun, share your story with others!

- A noun is any person, place, or thing. A plural noun is more than one noun.
- A verb is an action word, sometimes ending with '-ing'.
- An adjective is a word used to describe a person, place, or thing.

On this page, write the first (or funniest) word that comes to mind for each item on the list. Then, fill in the blanks on the next page!

(CARTOON CHARACTER):

(LAST MEAL YOU ATE):

(NOUN 1):

(VERB 1):

(SOMEWHERE YOU NEVER WANT TO VISIT):

(PLURAL NOUN):

(ADJECTIVE 1):

(NOUN 2):

(VERB ENDING IN -ING 1):

(VERB 2):

(NOUN 3):

(VERB 3):

(VERB ENDING IN -ING 2):

(ADJECTIVE 2):

(NOUN 4):

(VERB ENDING IN -ING 3):

(NOUN 5):

(ADJECTIVE 3):

The Rock Show

I couldn't believe it... (CARTOON CHARACTER) _____ called me and said they had an extra ticket to the (LAST MEAL YOU ATE) _____ show, and asked if I wanted to go with them. I was so excited my (NOUN 1) _____ could (VERB 1) _____.

Not only were they playing, but (SOMEWHERE YOU NEVER WANT TO VISIT) _____ was opening for them, which is my favourite band. Their song "(PLURAL NOUN) _____ are what happens when a (ADJECTIVE) _____ (NOUN 2) _____ stops (VERB ENDING IN -ING 1) _____" was all over the radio last summer.

There was, however, one catch. In order to get the ticket, I would have to (VERB 2) _____ a (NOUN 3) _____. I had never done that before, so I had to (VERB 3) _____ about it. After a few hours, I decided to say yes. I never thought I would do something like that, but it was worth it. I even ended up (VERB ENDING IN -ING 2) _____ at the concert in the front row. They ended the show by playing "You Never Understood My (ADJECTIVE 2) _____ (NOUN 4) _____ or my (VERB ENDING IN -ING 3) _____ (NOUN 5) _____". It was such a (ADJECTIVE 3) _____ night.

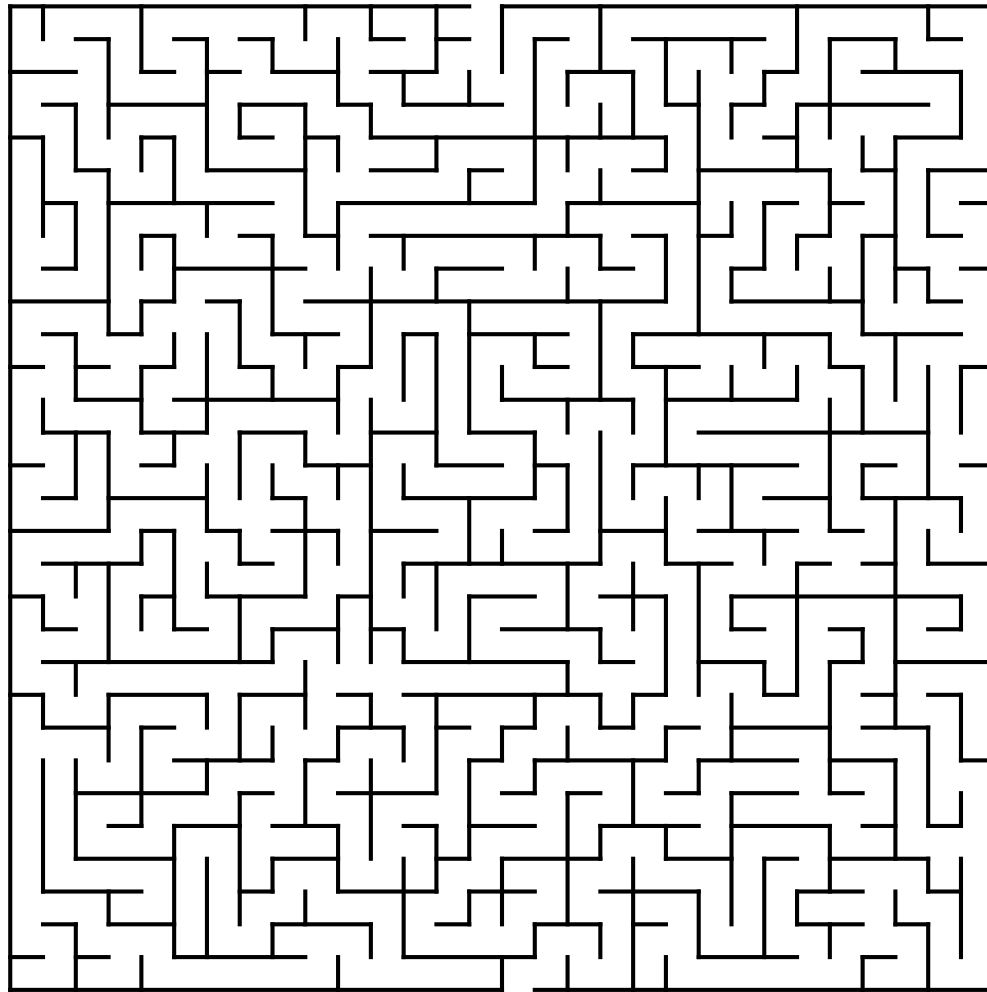
I'll never forget it!

Coat Check Maze

Find your way from coat check to the stage!



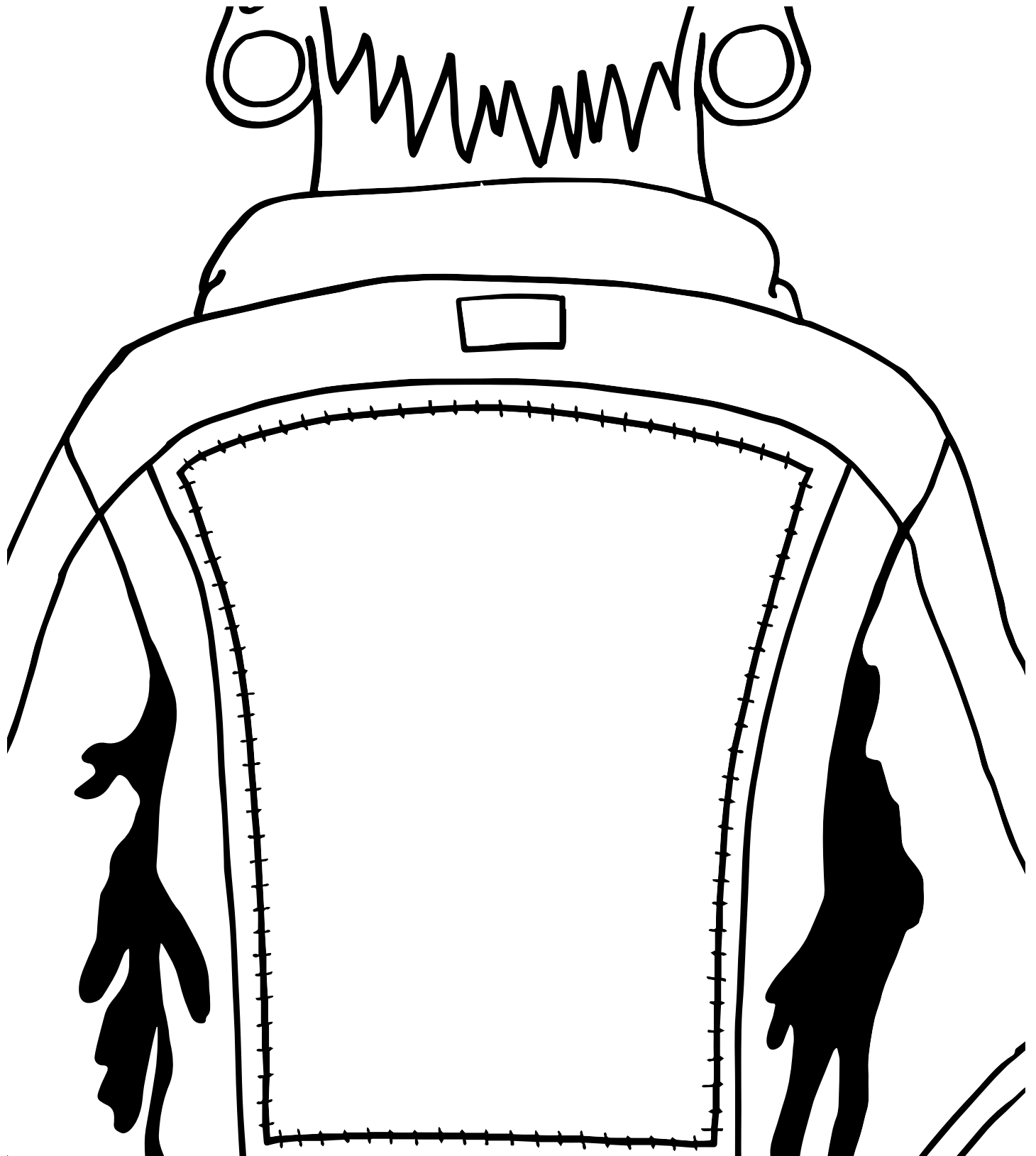
FINISH



START



Create Your Own Patch



Draw and colour in your favourite band logo, or make up your own!

A Song Could Save Your Life

"The beauty of literature, poetry, and music is that they leave room for the audience to put its own imagination, experiences, and dreams into words."

- Dee Snider, Twisted Sister

What songs or albums take you back to a positive time in your life? What was positive about that time?

What songs or albums get you through your darkest days? How do they help you?

Make a playlist of songs that will lift your spirits when you're feeling down:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Local Band Word Search 2

H H M E P O I A O R C H I D S C U R S E
I L T X R J O P N Q V W R J X K X Q P W
T Z L H Y A K W V T B L A C K M O O R Z
M Y A U X N S T U U I A L X N L A S P P
A J O K G C E V R H B B N T D H R L S I
N P S M R I W D Z R O P O A D E K E B D
S C M C Z E N J U A F B X D K X D E U I
S Y J F N N E P N B S O U A I O N P J O
H G D X Y T Y W C M J G H N L E Z I E C
Z T E I D T E O L U Z S D P D W S N W P
P Q S F I H S B E O P M X E O U C G H S
C U I R N R N O G E X E H A O R H M P H
V B G A J O S O E Z N C V N M V Q A U C
V O N I O N Y L X A A H N V M N W C X L
F T O L B E S Y S T O W V V A G D H Q M
H F S H I S H U S C C P M Y C N R I C J
I L A A M D S T B G E L G O H F V N G O
Q Y U N T E R D A R K S H R I N E E H Z
I F R D M I V G S V N Y U G N S A S W W
Q X Q S D T V Q Y S D R W S E L N F N T

DOOM MACHINE

DARK SHRINE

DESIGNOSAUR

ANTIBODIES

FRAIL HANDS

DIRT STACHE

BOTFLY

SEWN EYES

ANCIENT THRONES

SUSAN EXPLODES

SLEEPING MACHINES

HITMAN

BLACK MOOR

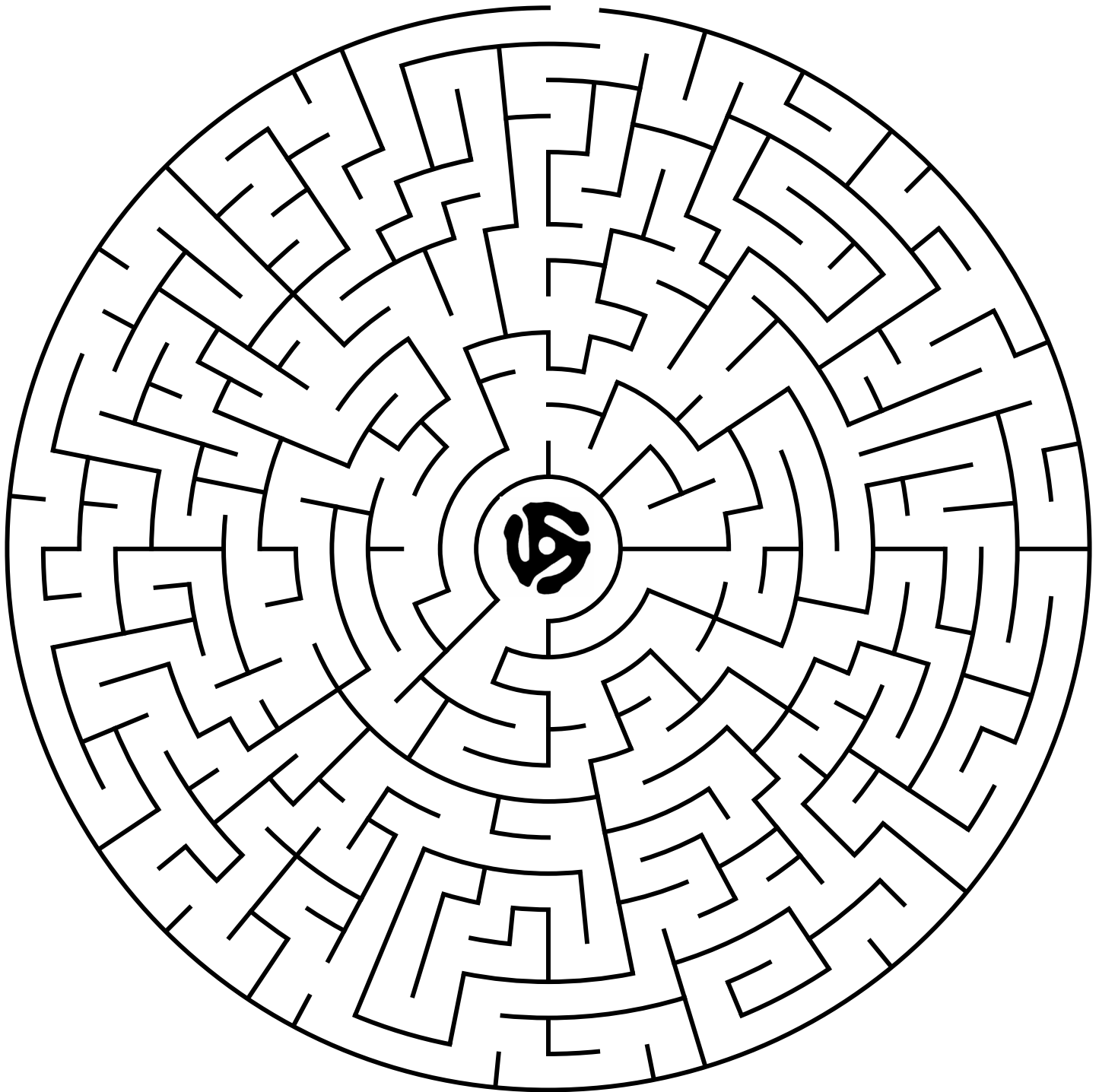
UNCLE

SLEEPShAKER

ORCHID'S CURSE

Record Maze

Find your way to the 45 RPM adapter at the middle of this record!



Canadian Rock Trivia

Which Canadian punk rock band were originally named Topanga?

- a. PUP
- b. Finger Eleven
- c. Teenage Head

Which Billy Talent song is about their drummer, Aaron Solowoniuk, living with Multiple Sclerosis?

- a. This Is How It Goes
- b. Surrender
- c. Try Honesty

Avril Lavigne rocked Canada when she debuted her first album in 2002. What was it called?

- a. Fearless
- b. Let Go
- c. Breakaway

From 1996 to 2001, the Halifax Pop Explosion went by another name. What was it?

- a. Halifax on Music
- b. East Coast Music Awards
- c. HFX Rockfest

In 2017, three capybaras were born at Toronto's High Park Zoo. What Canadian rock band were they named after?

- a. Our Lady Peace
- b. RUSH
- c. Wide Mouth Mason

Nickelback's Chad Kroeger teamed up with Saliva's Josey Scott to create 'Hero', a song for which 2002 superhero movie?

- a. X-Men
- b. The Incredible Hulk
- c. Spiderman

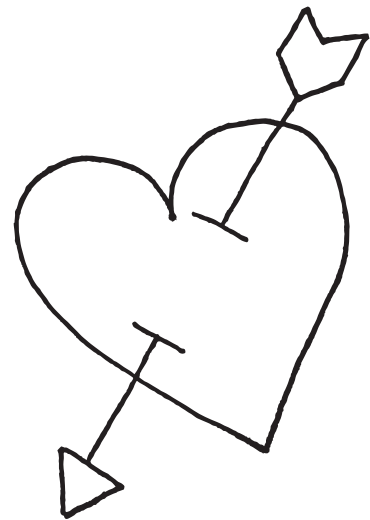
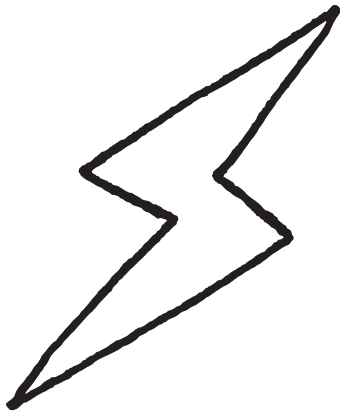
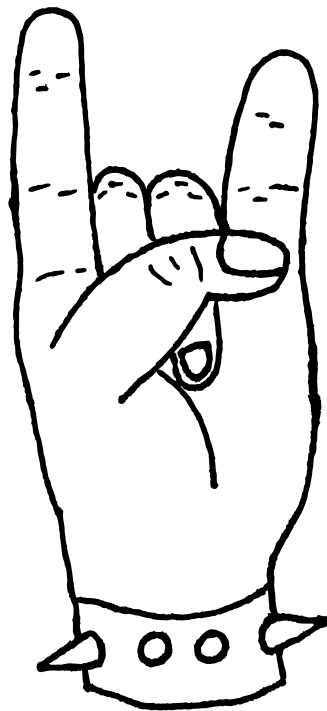
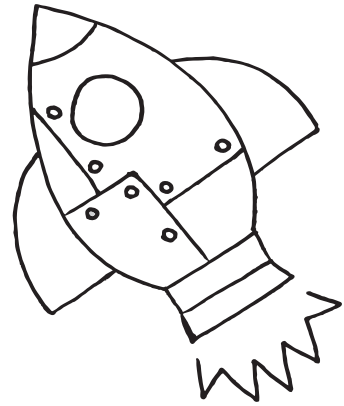
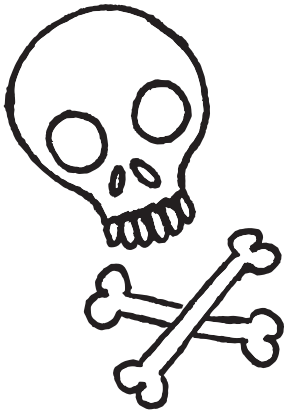
Which pop-punk band started out as a NOFX cover band?

- a. Treble Charger
- b. Sum 41
- c. Simple Plan

Singer Leah Fay is half of the dynamic duo fronting which Canadian alternative rock band?

- a. Dilly Dally
- b. July Talk
- c. Metric

Tattoo Flash Bonanza



Colour in the tattoo designs and create your own in the empty spaces!

Final Reflection

Congratulations! You've made it to the final page.

Think back to the different activities in this book that you completed...

Which ones did you enjoy the most?

How did you feel before, during, and after working on them? Did you feel better, worse, energized, calmer, or something else?

When may it be beneficial to do similar activities again in the future?

Do you think you would do more activities like the ones in this book when you are working on your mental health? Why or why not?

If you want to continue using similar activities as part of your mental health practice, we have included links to helpful resources on the following pages.

Acknowledgements

First and foremost, thank YOU for picking up this activity book. Helping people with their mental health is why we started this project, and we are pleased that it made its way into your hands.

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Illustration: Teri Boates

Design & Layout: Devin Shael Fox

Printing: Halcraft Printers

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Mental & Health
Foundation
of Nova Scotia

<https://www.mentalhealthns.ca>



YMCA of Greater Halifax/Dartmouth

<https://ymcahfx.ca>

For answers to all of the activities, or to print more free copies of this book, visit:

<http://mattstelemusic.com/heavymetal>

Mental Health Resources

<https://mha.nshealth.ca/en/services> - List of mental health and addictions services, support groups, and programs in Nova Scotia.

<https://www.healthyminds.ca> - A peer-led, member-driven organization, committed to improving the lives of people with mental illness (including addiction).

<https://novascotia.cmha.ca/home> - Nova Scotia division of the Canadian Mental Health Association.

<https://selfhelpconnection.ca> - Helping Nova Scotians take control of their health by increasing their knowledge, skills, and resources for individual and collective action.

<https://couchofhope.com> - Offers significantly low sliding scale rates to clients who do not have insurance, insurance has run out, or who do not have any other means to pay for counselling.

<https://mymnfc.com> - The mission of the Mi'kmaw Native Friendship Centre is to provide structured, social-based programming for Urban Aboriginal People, while serving as a focal point for the urban aboriginal community to gather for a variety of community functions and events.

<https://www.lainghouse.org> - Laing House is a non-profit dedicated to empowering young people living with mental illness.

<https://phoenixyouth.ca> - Phoenix is dedicated to supporting youth between the ages of 11 and 24, their families, and communities across multiple locations in Halifax.

<https://tinyurl.com/CMHANS> - Canadian Mental Health Association of NS - Resources

<https://www.mhfa.ca/en/general-resources> - Mental Health First Aid: many web links and resources from a variety of organizations.

<https://mindyourmind.ca/> - Mindyourmind exists in the space where mental health, wellness, engagement and technology meet. They work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

<https://www.ementalhealth.ca/> - Mental Health services, help, and support in your community.

<https://www.camh.ca/> - Center for Addiction and Mental Health, Canada's largest mental health teaching hospital and source of many online and in-person resources.

<https://www.anxietycanada.com/> - Resources for individuals with anxiety.

<https://depressionhurts.ca/en/> - Resources for individuals with depression.

<https://mha.nshealth.ca/en/coronavirus> - Nova Scotia Health: COVID-19 and Access to Mental Health Tools and Information.

Links to more Activities

<http://www.supercoloring.com/> - Free colouring pages to download in PDF or to print with various themes, artists, difficulty levels, and styles. Also has other free craft templates and activities.

<https://thewordsearch.com/> - Word searches for all kinds of topics, plus you can create your own. Word searches can be played on a computer, mobile phone, or printed to complete by hand.

<https://www.puzzles.ca/word-search/> - More word searches for all kinds of topics. Puzzles must be printed out (click "File" then "Print" or "Print page" on your computer browser menu). Bonus: www.puzzles.ca also has many other activities such as card games, Scrabble, etc.

<https://www.boatloadpuzzles.com/> - Free online crossword puzzles (online only)

<https://www.funtrivia.com/> - Large selection of different format trivia games

<https://www.madtakes.com> - Free online or printable Mad Libs prompts to play alone or share with friends

<https://tiny.cc/collabplaylist> - Instructions on how to make a collaborative playlist on Spotify. Make a mental health playlist and share it with others!

<https://tiny.cc/howtoYT> - Instructions for how to make playlists on YouTube. Create playlists for your favourite concerts, music videos, comedy routines, nature videos, or any other videos that help you feel better!

<http://www.mazegenerator.net/> - Free website that generates printable mazes. We used it to make the mazes in this book!

<https://ggia.berkeley.edu/> - Greater Good in Action collects the best research-based methods for a happier, more meaningful life, and puts them at your fingertips in a format that's easy to navigate and digest. The practices in Greater Good in Action are for anyone who wants to improve their social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program.

<https://thecreativeindependent.com/guides/how-to-make-a-zine/> - Guide on how to make a zine; a type of publication essential to punk history. Zines can be a mix of various images, texts, and messages. Here is a list of just a few of the things you can do with the zine format:

- Publish sketches, drawings, and mini-comics
- Mix words with images and textures
- Print lines of poetry
- Share a manifesto
- ...the list goes on!

Basically, what you can include in a zine is only limited by your imagination!
What will your zine be about?