

How to avoid having a Blue Monday.

Avoid all things blue and opt for activities which feature other colours instead. Check out some of our suggestions.

Films to watch

- ✓ The Green Hornet
- ✓ The Pink Panther
- ✓ The Green Mile
- ✓ Green Zone
- ✓ The Curse of the Black Pearl
- ✓ Green Lantern
- ✓ Red
- ✓ Legally Blonde
- ✓ Men in Black
- ✓ James and the Giant Peach
- ✓ Moulin Rouge!
- ✓ White Chicks
- ✓ Red Riding Hood
- ✓ Snow White and the Seven Dwarfs
- ✓ Purple Rain
- ✓ GoldenEye

Films to avoid

- ✗ Deep Blue Sea
- ✗ Blue Desert
- ✗ The Blues Brothers
- ✗ Blue Steel
- ✗ Blue Streak

Songs to listen to

- ✓ Purple Rain – Prince
- ✓ Brown Eyed Girl – Van Morrison
- ✓ Behind these Hazel Eyes – Kelly Clarkson
- ✓ Red – Taylor Swift
- ✓ Yellow – Coldplay
- ✓ Pink Champagne – Ariana Grande
- ✓ Gold Digger – Kanye West
- ✓ Black Widow – Iggy Azalea
- ✓ Yellow Submarine – The Beatles
- ✓ Goodbye Yellow Brick Road – Elton John
- ✓ Red, Red Wine – UB40
- ✓ Gold – Spandau Ballet
- ✓ Fields of Gold – Sting
- ✓ White Flag – Dido
- ✓ Back to Black – Amy Winehouse
- ✓ Evergreen – Will Young

Songs to avoid

- ✗ Blue (Da Ba Dee) – Eiffel 65
- ✗ Blue – Beyoncé
- ✗ Into the Blue – Kylie Minogue
- ✗ I Guess That's Why They Call it the Blues – Elton John
- ✗ Behind Blue Eyes – The Who

Foods to enjoy

- ✓ Red Velvet Cake
- ✓ Brownies
- ✓ Blondies
- ✓ Red Cabbage
- ✓ Oranges
- ✓ Green Beans
- ✓ Black Olives
- ✓ Blackberries
- ✓ Black Beans
- ✓ Pink Lady Apples
- ✓ Salmon
- ✓ Peaches

Foods to avoid

- ✗ Blueberries
- ✗ Blue Cheese



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