

## Strategies and Resources: **Apps and Tools**

### Organisation Tools and Apps

- Bullet journaling: Information available at <https://bulletjournal.com/pages/learn>
- Habitica game app: App available at <https://habitica.com/static/home>
- Virtual personal assistants: Various assistants available e.g., Alexa and Echo

### Mood-Related Apps

- Daylio mood tracking app: App available at <https://daylio.webflow.io/>
- Meditation: Various online tools available e.g., Insight Timer available at <https://insighttimer.com/>; Information about Leeds Buddhist Centre available at <https://leedsbuddhistcentre.org/>
- Prana breathing/yoga breathing: Various online tools available
- Finch: A self-care app where you can take care of a virtual pet and yourself at the same time: <https://finchcare.com/>
- Molehill Mountain: An app developed for autistic people with autistic input. It was made to help autistic people understand and self-manage their anxiety: <https://www.autistica.org.uk/molehill-mountain>

- Miracle Modus: This app has hypnotic rainbows and soft bells and was written by an autistic adult:

<https://play.google.com/store/apps/details?id=net.seebs.apps.modus>

### **Sleep-Related Apps**

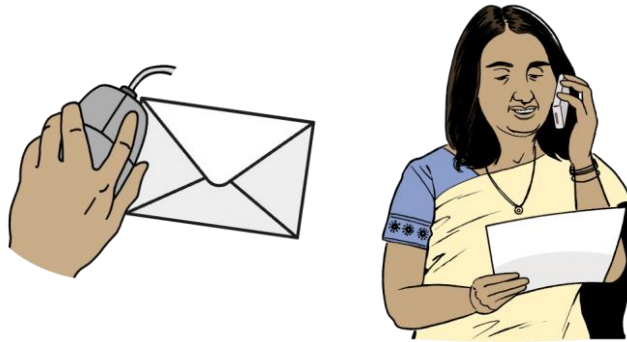
- Alarmy Android app: App available at <https://alar.my/>
- Twilight app for changing screen brightness: App available at <https://twilight.urbandroid.org/> (iPhones have similar built-in functionality that can be turned on via settings)

### **Background Noise Apps**

- myNoise Android app: App available at <https://mynoise.net/Android/appFaq.php>
- Rain Rain app: App available at <https://www.rainrainapp.com/>
- Atmosphere app: App available at [https://play.google.com/store/apps/details?id=com.peakpocketstudios.atmosphere&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.peakpocketstudios.atmosphere&hl=en_GB) and <https://apps.apple.com/gb/app/atmosphere-relaxing-sounds/id1259186300>

# Contact Us

This guide was produced by **Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds, Bradford and Craven areas.



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