

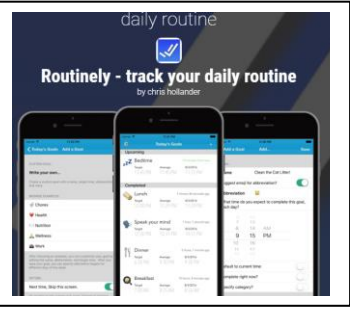



Apps for Autistic Adults

Name	Description, Link	Price
HabitRPG	<p>Habit building and productivity app that uses gamification to motivate. Collect points for completing good habits and avoiding bad habits. iOS and Android</p> <p>www.habitica.com</p>	 <p>Free to download, in app purchases</p>
At and Me	<p>http://www.atandme.com/?p=2115</p>	
Routinely	<p>Establish, track, understand, and be more mindful of your daily routine. Set goals for each of the tasks and habits that make up your day, and then track your completion of those goals. Can send you notifications to remind you to complete your goals and provides a history view to review past days. iOS only</p> <p>www.appadvice.com/app/routinely-track-your-daily-routine/1135990298</p>	 <p>Download Free</p>

<p>Todoist</p>	<p>Acts as a checklist, organiser, calendar, reminder and habit-forming app. Can be shared with others for joint projects, integrated with other apps such as Dropbox and Alexa. iOS and Android</p> <p>www.todoist.com</p>	 <p>Organize it all with Todoist</p> <p>Free, premium versions available.</p>
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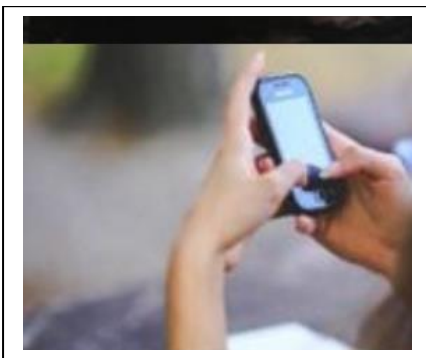
Mood trackers



MoodPanda

Track your moods using graphs and calendars.
Community aspect to offer support and advice
iOS, Android and web

www.moodpanda.com



T2 Mood Tracker

Designed to help users track their emotions over time. It comes with six pre-installed areas, including Anxiety, Depression, Well-Being, and Stress. Users can also add and customize additional scales.
iOS and Android

www.psyberguide.org

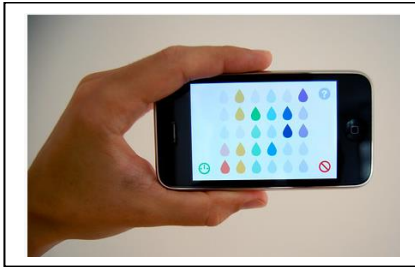
Managing Over Stimulation

Designed to help with sensory overload, by providing strong visual stimuli that move in predictable patterns.
iOS and Android

Miracle Modus

www.seebs.net/modus/

Free

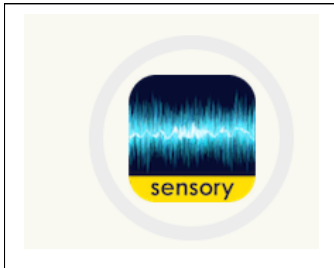


Create minimalist melodies for relaxation purposes
iOS only

www.lullatone.com/games/dropophone-app/

Dropophone

Free

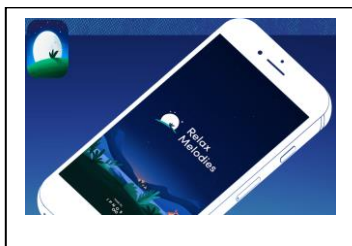


Range of sensory apps to help with relaxation and overstimulation.
#iOS, Androd, Web, Chrome

www.sensoryappphouse.com

Sensory apps

Free



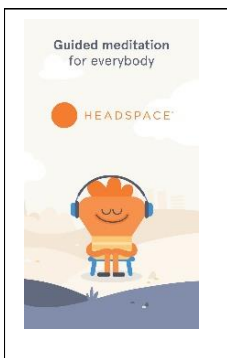
Melody and white noise app.
iOS and Android

www.ipnos.com

Relax Melodies

Free to download
, in app purchases

Relaxation/mediation



A meditation and mindfulness app. Designed to guide the user through narrated sessions to focus on relaxation and help cope with stress and anxiety.
iOS, Android and online

www.headspace.com

Headspace

Free



Calm is the no.1 app for sleep, relaxation and meditation. Calm is the perfect mindfulness app for beginners but also includes hundreds of programmes for intermediate and advanced users.

iOS and Android

Calm

www.calm.com

Free



Happy not Perfect is a mindfulness app which gives you a daily happiness work out to help you to relax, process thoughts and build emotional fitness.

Happy not Perfect

www.happynotperfect.com

Free