

7 Android Apps to Help Avoid Distraction

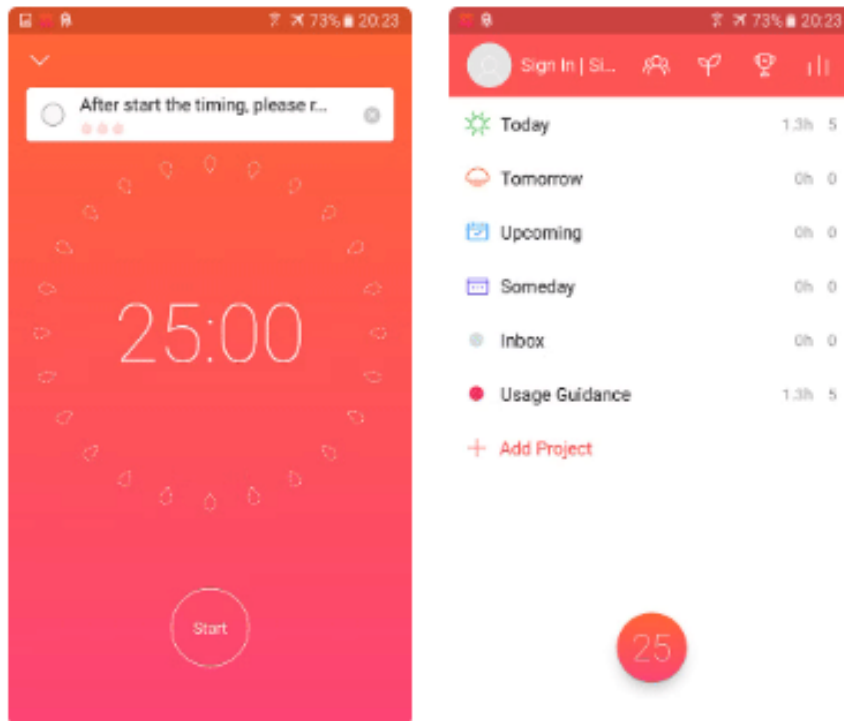
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Technology can be a terrible distraction when you're trying to get work done. We've all had the experience of sitting down at our desks, then getting distracted by our phones and all the temptations it brings.

But while technology isn't just a villain, it can also be a hero by helping you focus. From focus apps that help you schedule your work into blocks, to blockers and to-do lists, there are plenty of tools to help you focus when you need it.

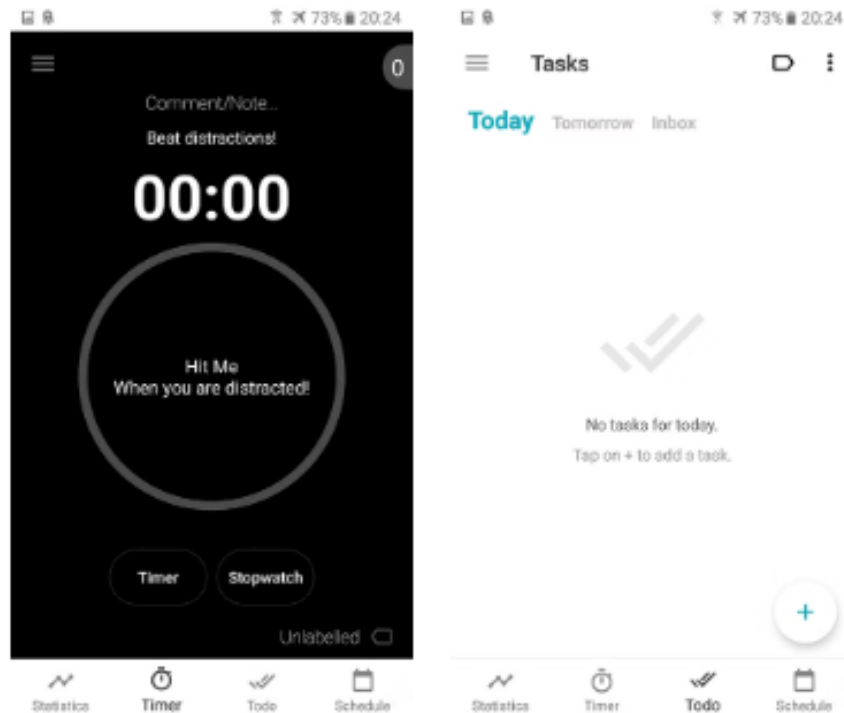
Here are the 7 best focus apps for Android.

1. Focus To-Do



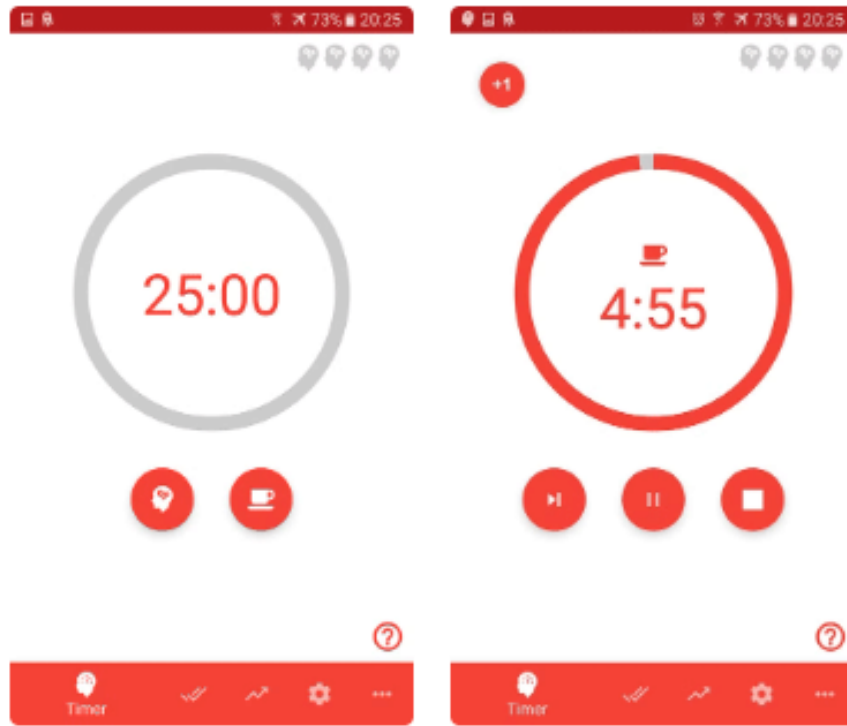
Focus To-Do has a whole suite of features to help you stay focused. The core feature of the app is the Pomodoro timer, which you can use to work in 25-minute increments. After that time is up, you take a 5-minute break. This makes it easy to focus on a task for short periods of time, knowing that you'll be taking a break soon, so any task doesn't feel overwhelming.

2. Engross



Engross is also inspired by the Pomodoro technique, but with a twist. When you use the timer, the app has a **Hit me when you are distracted** button that will show you motivational messages. The app challenges you to reduce the number of times you press that button. The app also has a to-do list feature and an event and calendar feature to help you stay organized.

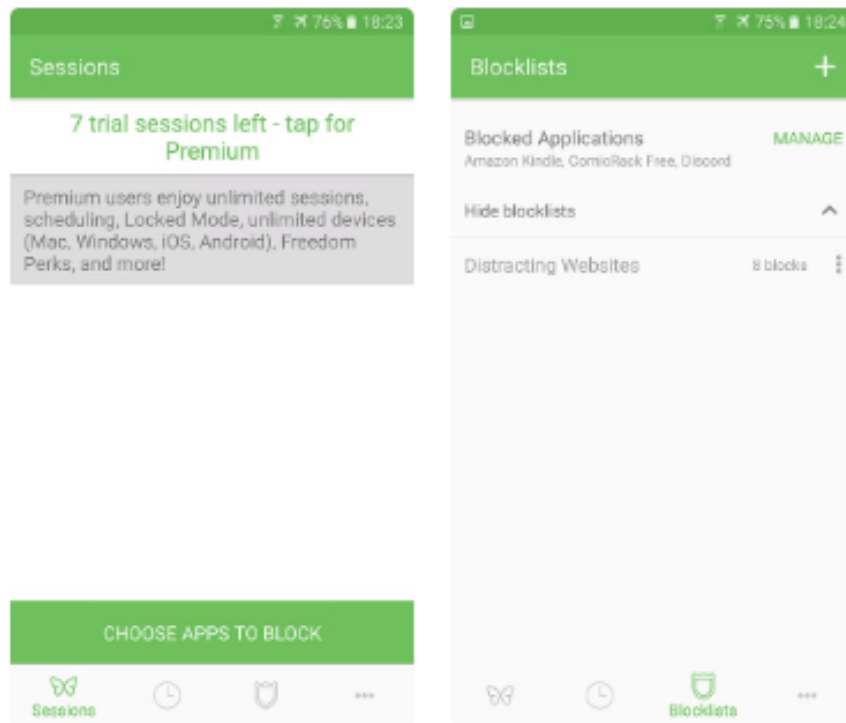
3. Brain Focus Productivity Timer



Brain Focus is a simple Pomodoro app that also encourages you to work in 25-minute bursts. The app has a simple interface that makes it easy to stay focused.

You start by starting a work session. Then, when you need a break, you hit the **Break** button and go for a walk or make yourself a coffee. Then, come back and start a new session. After you complete 4 sessions, the app will prompt you to take a longer break.

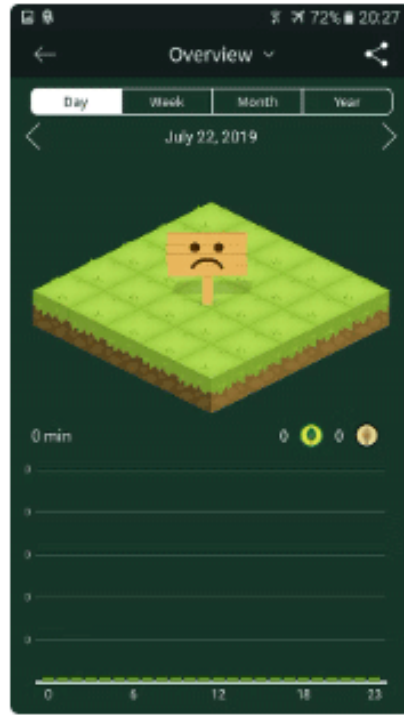
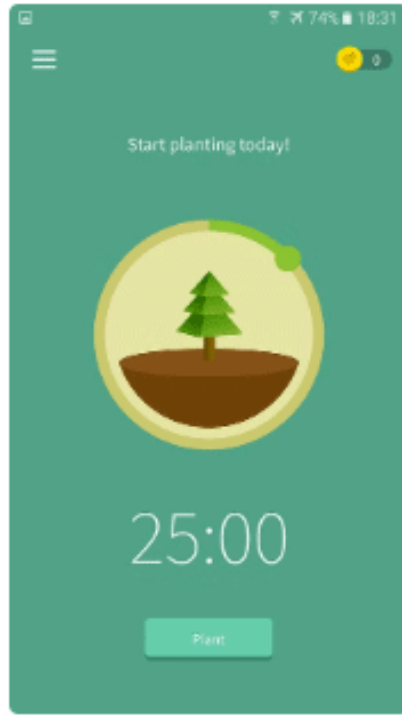
4. Freedom



Freedom is one of the most popular distraction-blocking apps you can use to avoid getting caught up in time-wasters like games or social media. The app has a very comprehensive blocking strategy, listing several categories of apps and websites that you can block with just one tap. Of course, you can also select any app you want to block directly from your phone.

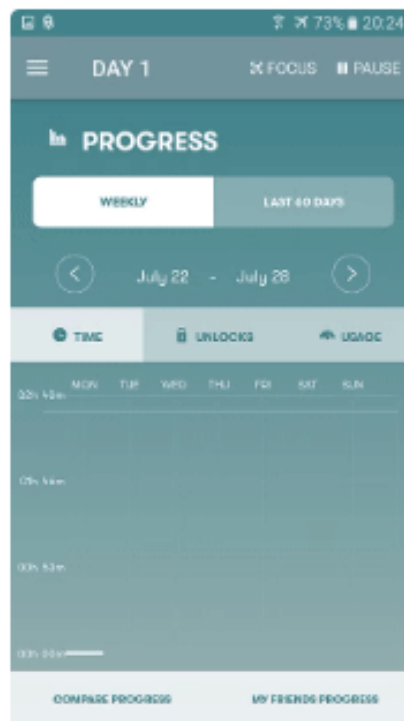
Freedom is cross-platform and syncs all your settings across all your devices. Try it out with the 7 blocking sessions offered in the free trial.

5. Forest



If you're looking for something fun and different, try Forest. When you want to focus on a task, you 'plant a tree.' As you work, it grows from a sapling to a full-grown tree. Then, it continues to grow taller as you progress without getting distracted. But if you switch to another app, the tree dies. This makes you less likely to play on your phone when you should be working.

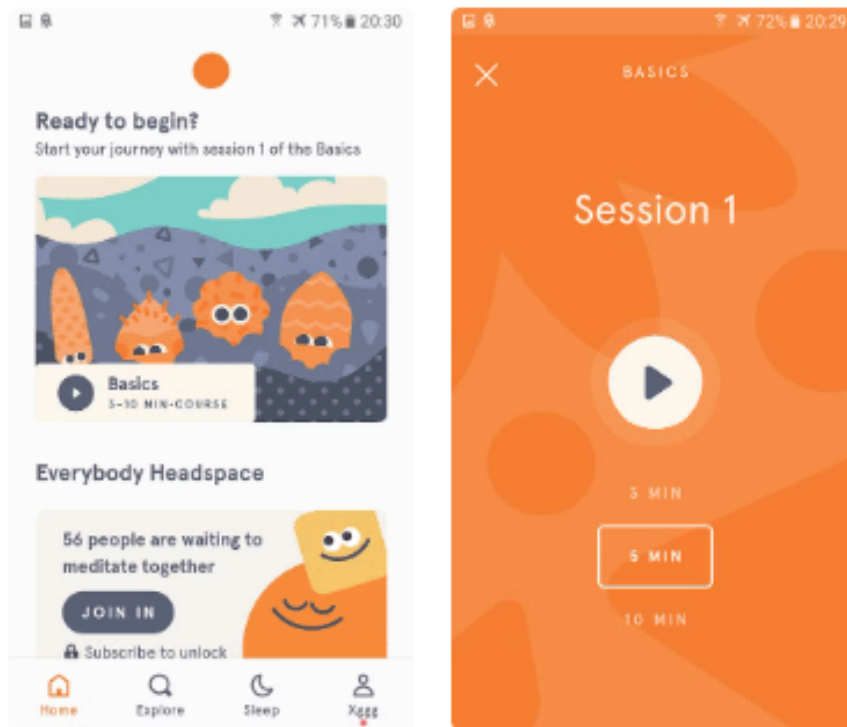
6. Space



Space is a great focus app. You can set a goal for how long you want to focus each day and track your daily progress. Other tools include blocking apps and notifications, dimming your screen to make your phone less tempting, and getting reminders to stay on track.

There are also profiles for different types of users – whether you're someone who gets easily distracted by checking out the latest news headlines or someone who wants to keep up with what your friends are up to on social media, you can customise how the app works to help you overcome your distractions.

7. Headspace



If you have trouble concentrating and are looking for a more long-term solution, you might consider meditation. Regular meditation can help you feel more peaceful and fulfilled. This can help you stay away from distractions.

Headspace is a popular meditation app that offers guided meditations, breathing exercises, and meditations for calm. Using the app before bed or right when you wake up can help you clear your mind and focus on what needs to be done.

The free version of the app includes 10 basic lessons, but for the full experience you'll need to purchase a subscription.

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