Welcome to the third installment of the *Molly Makes* series, where Molly, OISS Assistant Director for Programs, “makes” something new and invites you to join her in the journey.

This week, **Molly Made (a new) Morning Routine**! Has the pandemic changed the way that you wake up and start each day? After a year of not leaving our homes, it’s understandable that we may have fallen into some bad morning habits, but it’s not too late to make a change! You can find Molly’s [step-by-step guide to starting a new morning routine](https://www.canva.com/design/DAEXvTmfs1I/Pt29-gt6_fa4765hRVX2bA/view?utm_campaign=designshare&am p;utm_source=sharebutton) and some healthy habits that you should consider adding in to yours.

You can also follow along on the [OISS Instagram](https://www.instagram.com/yaleoiss/) account in our Story Highlights throughout the semester.

If you start a new morning routine or have thoughts and ideas that we should share, please [email](mailto:molly.hamilton@yale.edu?subject=Molly%20Makes%20(a%20new)%20Morning%20Routine) us or tag OISS on social media at @yaleoiss.

We hope you enjoy our *Molly Makes* series throughout the semester!