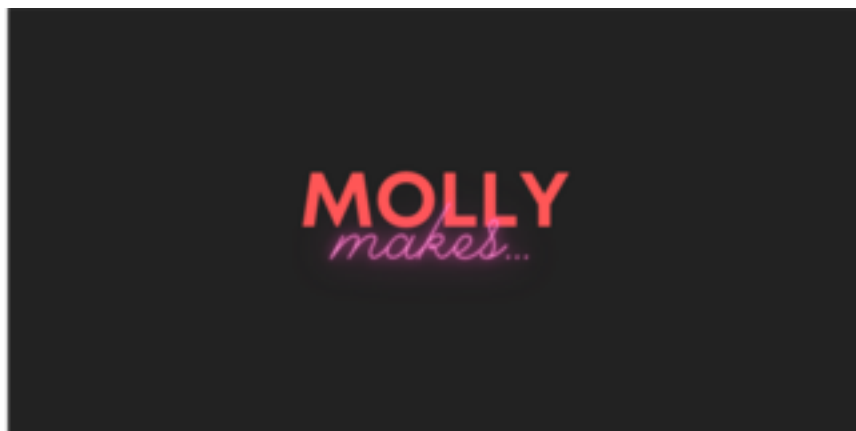


Molly Makes...(a new) Morning Routine



New Haven , CT

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](#) [1] and some healthy habits that you should consider adding in to yours.

You can also follow along on the [OISS Instagram](#) [2] 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](#) [3] us or tag OISS on social media at @yaleoiss.

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

[Register Here](#) [4]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/molly-makes-a-new-morning-routine>

Links

[1] https://www.canva.com/design/DAEXvTmfs1l/Pt29-gt6_fa4765hRVX2bA/view?utm_campaign=designshare&utm_source=sharebutton [2] <https://www.instagram.com/yaleoiss/> [3] [#109:ailto:molly.hampton@yale.edu?subject=Molly%20Makes%20\(a%20new\)%20Morning%20Routine](#) [4] <https://yaleconnect.yale.edu/OISS/rsvp?id=1041299>

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