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) [1] 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/) [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](mailto:molly.hamilton@yale.edu?subject=Molly%20Makes%20(a%20new)%20Morning%20Routine) [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-makesa-new-morning-routine

**Links**
[1] https://www.canva.com/design/DAEXvTmfs1I/Pt29-gt6_fa4765hRVX2bA/view?utm_campaign=designshare&am p;utm_source=sharebutton  
[3] &amp;#109;&amp;#97;&amp;#105;&amp;#108;&amp;#116;&amp;#111;&amp;#58;&amp;#109;&amp;#111;&amp;#108;&amp;#121;&amp;#46;&amp;#104;&amp;#97;&amp;#109;&amp; #112;&amp;#116;&amp;#111;&amp;#64;&amp;#121;&amp;#97;&amp;#108;&amp;#101;&amp;#46;&amp;#101;&amp;#100;&amp;#117;&amp;subject=Molly%20Makes%20(a%20new)%20Morning%20Routine  