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!

Source URL: https://oiss.yale.edu/calendar/events/molly-makesa-new-morning-routine

Links