

**Gianna Termini**, MOT, OTR/L, Doctoral Candidate, is a school-based occupational therapist who supports students in developing skills for participation, self-regulation, and engagement in meaningful daily activities. She is currently pursuing her Doctorate in Occupational Therapy at Governors State University. Gianna is passionate about promoting mental health and wellness through practical, evidence-based strategies that people can apply daily. In addition to her school practice, she leads community-based initiatives emphasizing the importance of balance, connection, and purpose.”