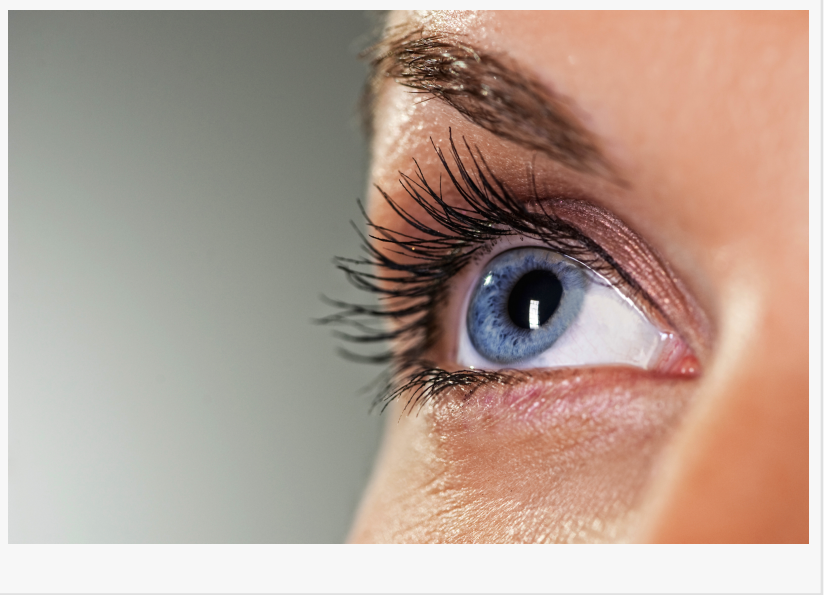


# Coping: Transforming Adversity into Meaning and Purpose

*AI-Integrated Emotional Wellness™ in our rapidly evolving technological world*

NEW YORK, NY, UNITED STATES, May 22, 2026 /EINPresswire.com/ -- At a time when millions of people worldwide are struggling with chronic stress, illness, uncertainty, loss, and emotional isolation, a newly released [article](#) from [The National Center for Emotional Wellness](#) explores a different perspective on coping and emotional wellness.



The article, “Coping: How We Choose to Respond to Adversity — An [AI-Integrated Emotional Wellness™](#) Perspective,” examines how emotionally painful experiences can become catalysts for growth, meaning, and purpose.

Rather than focusing on resilience as the primary response to adversity, the article highlights the psychological mechanism of sublimation—the process of channeling painful emotional energy into constructive action, contribution, and personal growth.

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Challenges don't define us.  
How we respond to them  
often does.”

*Mark D. Lerner, Ph.D.*

According to the Chairman of the National Center,  
“Challenges don't define us. How we respond to them  
often does.”

The piece explores one of the deepest human struggles: the fear of feeling alone. It emphasizes the important distinction between loneliness and emotional independence, noting that healthy solitude can become a place of reflection, creativity, spirituality, healing, and growth.

The article also references public figures, including Lady Gaga, Anderson Cooper, John Walsh, Revé Walsh, and Tony Robbins, as examples of individuals who transformed adversity and emotional pain into meaning, advocacy, and contribution.

The release further addresses the growing relationship between artificial intelligence and emotional wellness through the framework of AI-Integrated Emotional Wellness™, which is described as the ethical and responsible interface between the cognitive abilities of artificial intelligence and the depth, uniqueness, and complexity of human emotion.

While acknowledging that AI can provide accessible, evidence-based emotional wellness support, the article strongly emphasizes that technology can never replace authentic, face-to-face human presence.

“Technology informs. Humanity empowers.”

The article also highlights the importance of emotional transparency, vulnerability, and meaningful human connection during periods of adversity and uncertainty.

“Perhaps most importantly, coping involves recognizing that our suffering does not have to become the end of our story. Rather, it often becomes our contribution to society.”

The full article is available through The National Center for Emotional Wellness.

Dr. Mark D. Lerner

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