



EMBRACE THE SUCK refers to a military mindset that reframes difficult, unpleasant or idiotic tasks and makes them less frustrating through “radical” acceptance. This applies to everything from mopping in the rain or carrying a heavy pack in difficult terrain to facing your fears or sleeping in the mud.

EMBRACING THE SUCK is a psychologically healthy way to look at military challenges, though know when to **PICK YOUR BATTLES**.

#MilPsychJargon