30 Sept 19
Monday

Takeaways:

$$\tilde{\tilde{\Pi}} = -p\,\tilde{\tilde{I}} + \tilde{\tilde{\tau}}$$

$-p\,\tilde{\tilde{I}}$: isotropic

$\tilde{\tilde{\tau}}$: deals with deformation (change of shape)

$$\iint __ \, dS$$

Slow down
pick dS correctly
are the right coordinates varying?