

$$H = B^{-1} = \gamma I + \underbrace{\begin{array}{|c|c|} \hline \text{ } & \text{ } \\ \hline \end{array}}_{S, \gamma Y} \underbrace{\begin{array}{|c|c|} \hline \text{ } & \text{ } \\ \hline \end{array}}_Q \underbrace{\begin{array}{|c|c|} \hline \text{ } & \text{ } \\ \hline \end{array}}_{S^T, \gamma Y^T}$$