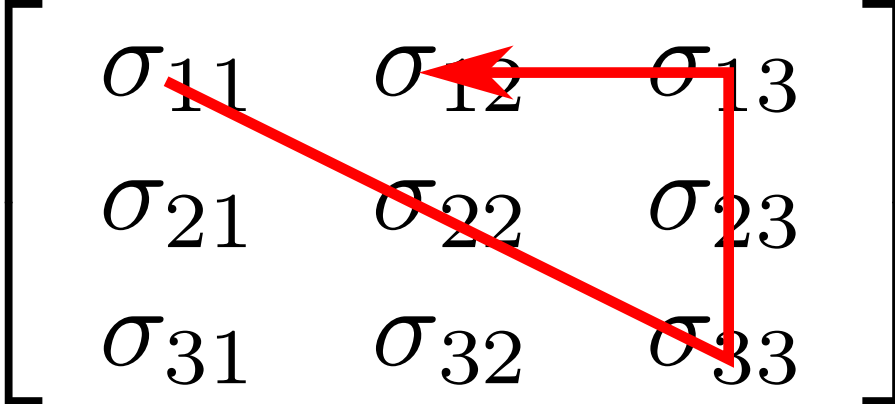


$$\sigma = \begin{bmatrix} \sigma_{11} & \sigma_{12} & \sigma_{13} \\ \sigma_{21} & \sigma_{22} & \sigma_{23} \\ \sigma_{31} & \sigma_{32} & \sigma_{33} \end{bmatrix}$$


The image shows a 3x3 matrix  $\sigma$  with elements  $\sigma_{ij}$ . Red arrows highlight the elements on and above the main diagonal, indicating the independent components of a symmetric stress tensor. The arrows form a path from  $\sigma_{11}$  to  $\sigma_{12}$ , then to  $\sigma_{13}$ , then down to  $\sigma_{33}$ , and finally diagonally to  $\sigma_{22}$ .