Strain = 
$$\varepsilon = \frac{3w}{L^2} \cdot \delta$$

Force =  $F = \frac{12EI}{L^3} \cdot \delta$ 
 $E = \text{ modulus of elasticity}$ 
 $I = \text{ moment of inertia, beam cross section}$ 

w =strut width

L =strut length