

$$E = \underbrace{\sum_{\alpha} \frac{1}{2} K (A_{\alpha} - A_{\alpha}^0)^2}_{\text{Elasticity}} + \underbrace{\sum_{\alpha} \frac{1}{2} \Gamma P_{\alpha}^2}_{\text{Contractility}} + \underbrace{\sum_{\langle i,j \rangle} \Lambda_{ij}(t) L_{ij}}_{\text{Line Tension}}$$

