Maths is the most important feature in LaTeX. Inline maths is created using dollar signs, e.g.  $e^{i\theta}=\cos\theta+i\sin\theta$ . It is highly advisable to include the amsmath package when using maths.

Equations on their own line are created using the equation environment:

$$\sigma_{xx} = \begin{bmatrix} \sigma_{xx} & \tau_{xy} & \tau_{xz} \\ \tau_{yx} & \sigma_{yy} & \tau_{yz} \\ \tau_{zx} & \tau_{zy} & \sigma_{zz} \end{bmatrix}$$
 (1)

Equation 1 shows an example of a stress tensor equation.

Maths in LATEX is a long and complicated topic, so refer here https://en.wikibooks.org/wiki/LaTeX/Mathematics