

$$\begin{aligned}
 E_\Psi &= \langle \Psi | H | \Psi \rangle \\
 &= \frac{1}{4} \sum_{\alpha, \dot{\alpha}} (||Q_\alpha | \Psi \rangle ||^2 + ||\overline{Q}_{\dot{\alpha}} | \Psi \rangle ||^2)
 \end{aligned}$$