$$E_\Psi = \langle \Psi | H | \Psi \rangle$$

$$= \frac{1}{4} \sum_{\alpha, \dot{\alpha}} \left(\| Q_\alpha | \Psi \rangle \|^2 + \| \overline{Q}_{\dot{\alpha}} | \Psi \rangle \|^2 \right)$$