

$$T^{ij} \approx \frac{1}{2} \text{Re} \left[\underline{\tilde{E}}^{*i} \underline{\tilde{D}}^j + \underline{\tilde{H}}^i \underline{\tilde{B}}^{*j} - \frac{1}{2} \left(\underline{\tilde{\mathbf{D}}} \cdot \underline{\tilde{\mathbf{E}}}^* + \underline{\tilde{\mathbf{H}}} \cdot \underline{\tilde{\mathbf{B}}}^* \right) \delta^{ij} \right]$$