Generalized Hooke's Law
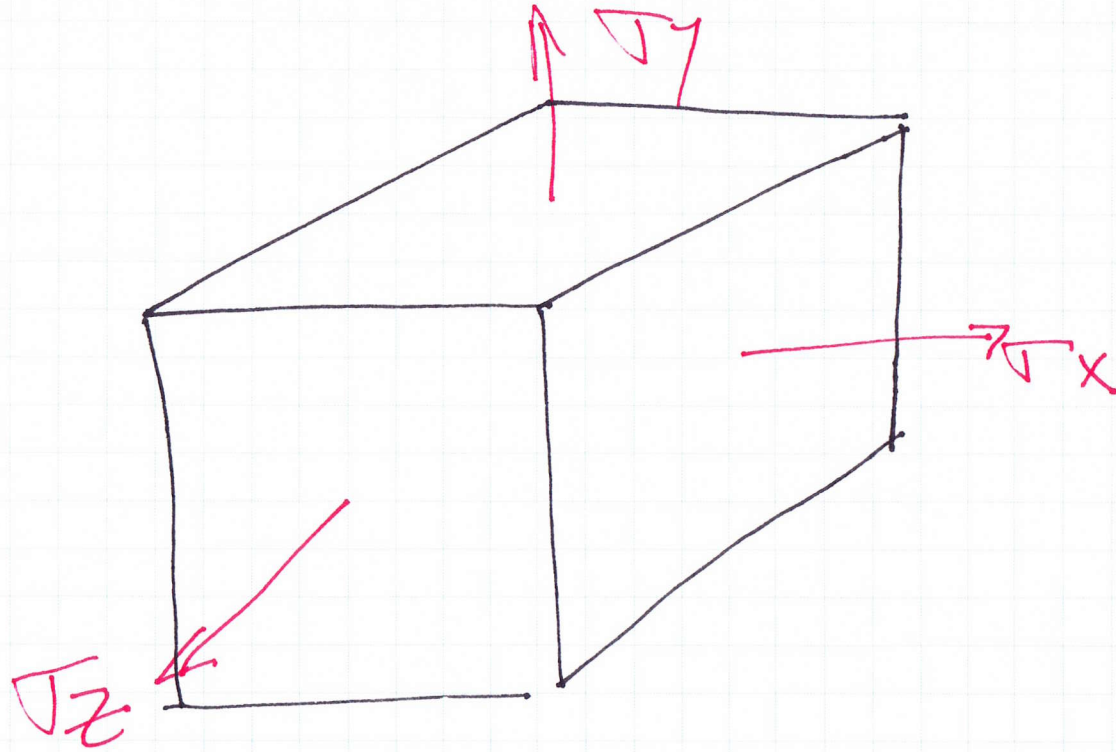

$$\epsilon_x = \frac{\sigma_x}{E} - \nu\frac{\sigma_y}{E} - \nu\frac{\sigma_z}{E}$$

$$\epsilon_y = -\nu\frac{\sigma_x}{E} + \frac{\sigma_y}{E} - \nu\frac{\sigma_z}{E}$$

$$\epsilon_z = -\nu\frac{\sigma_x}{E} - \nu\frac{\sigma_y}{E} + \frac{\sigma_z}{E}$$