



Contribution ID: 395

Type: **Oral Presentation**

## Gravitational structure of the proton and pion

*Tuesday, August 9, 2022 2:40 PM (20 minutes)*

We present the results of a complete lattice calculation of the gravitational form factors (GFFs) of the proton and pion, including glue as well as connected and disconnected quark contributions, on an ensemble with 2+1 flavors of Wilson fermions with close-to-physical pion mass of 170 MeV. We use these results to predict full, physical densities of energy, pressure, and shear forces inside the proton and pion via the relation of GFFs with the energy-momentum tensor.

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**Session Classification:** Hadron Structure

**Track Classification:** Hadron Structure