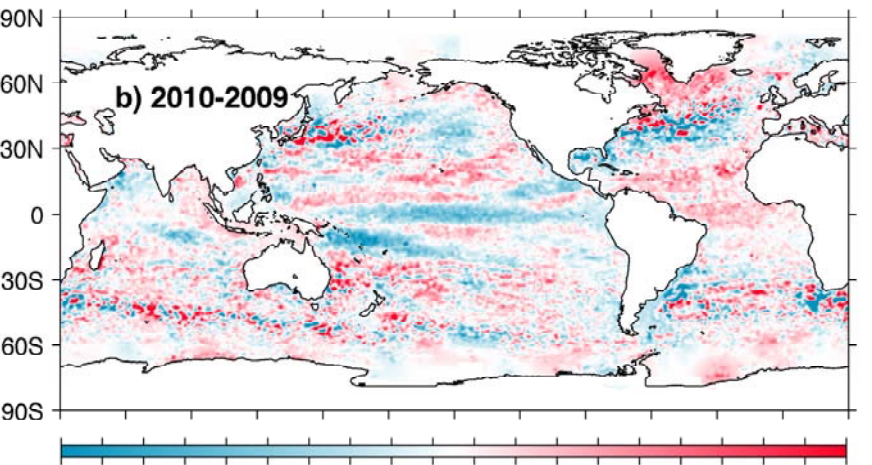
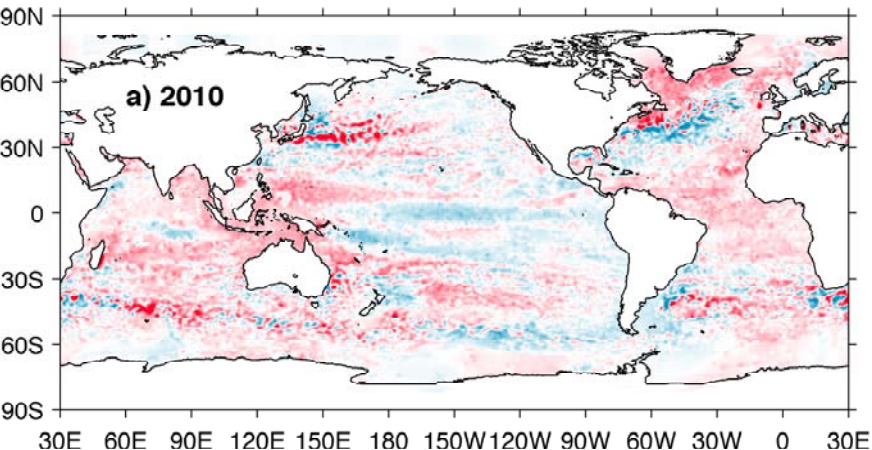


Upper Ocean Heat Content Anomaly [$\text{J m}^{-2} \times 10^9$]

-3 -2.5 -2 -1.5 -1 -0.5 0 0.5 1 1.5 2 2.5 3



1-year Heat Content Change [W m^{-2}]