$45^\circ$–$75^\circ$S Total eddy heat flux
(50 hPa, March)

![Graph showing the total eddy heat flux from 1980 to 2015. The y-axis represents K m s$^{-1}$ and the x-axis represents the years from 1980 to 2015. The data shows fluctuating values over the years, with a peak around 2005 and a trough around 2010.]

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