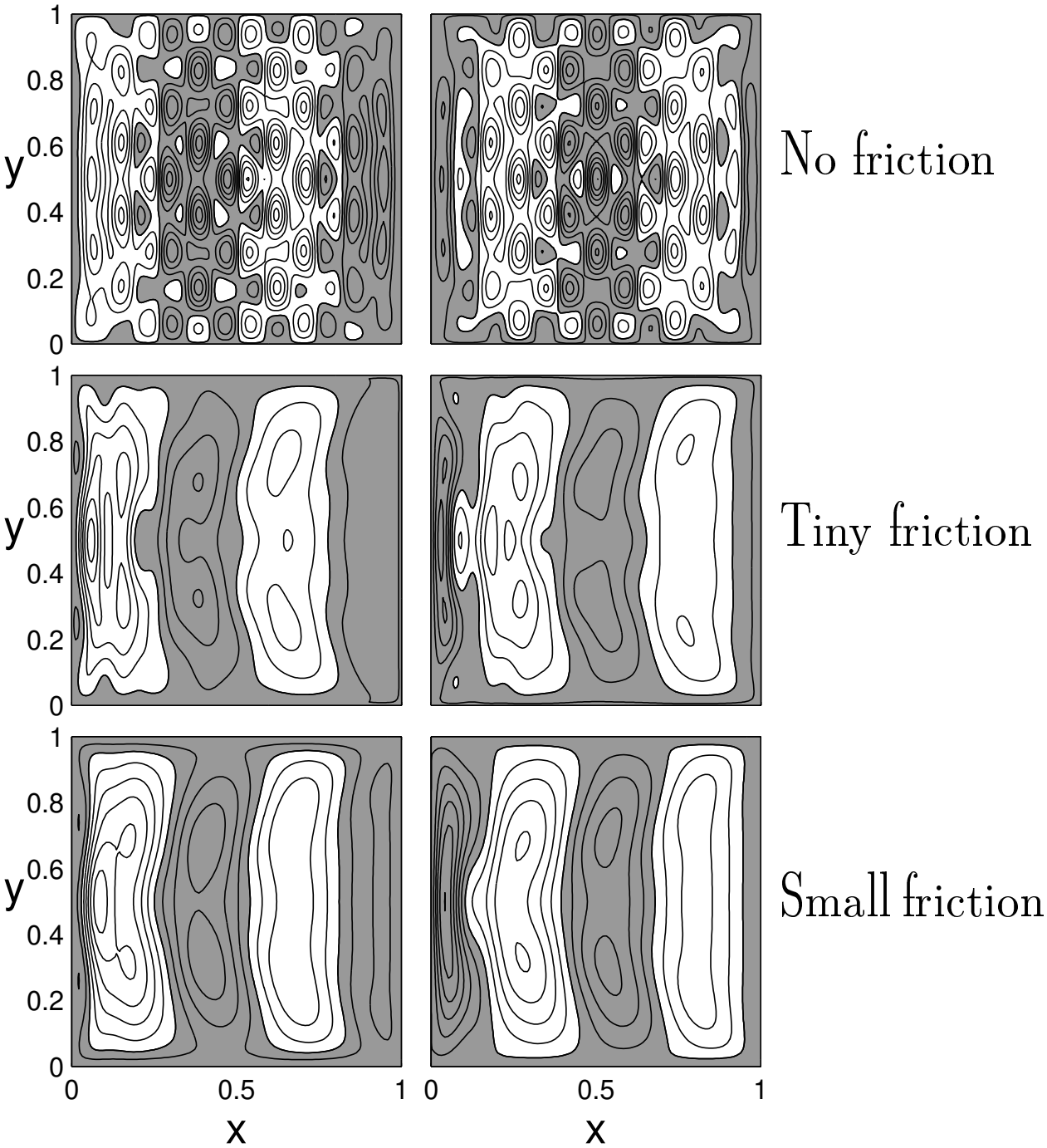
The second least damped QG mode



The larger fraction of energy at scales under the deformation radius leads to higher damping.