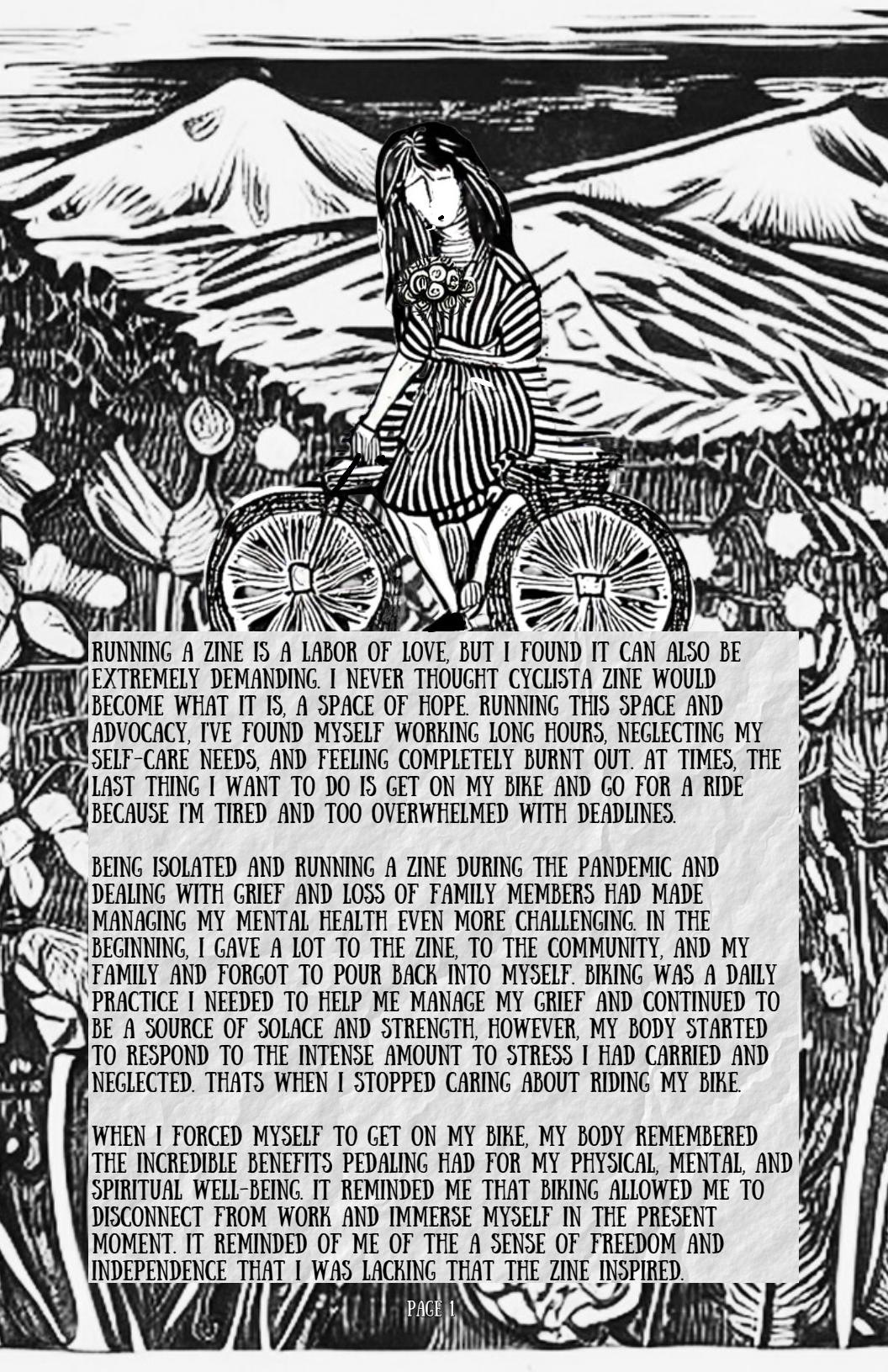




BIKING  
THROUGH  
BURNOUT

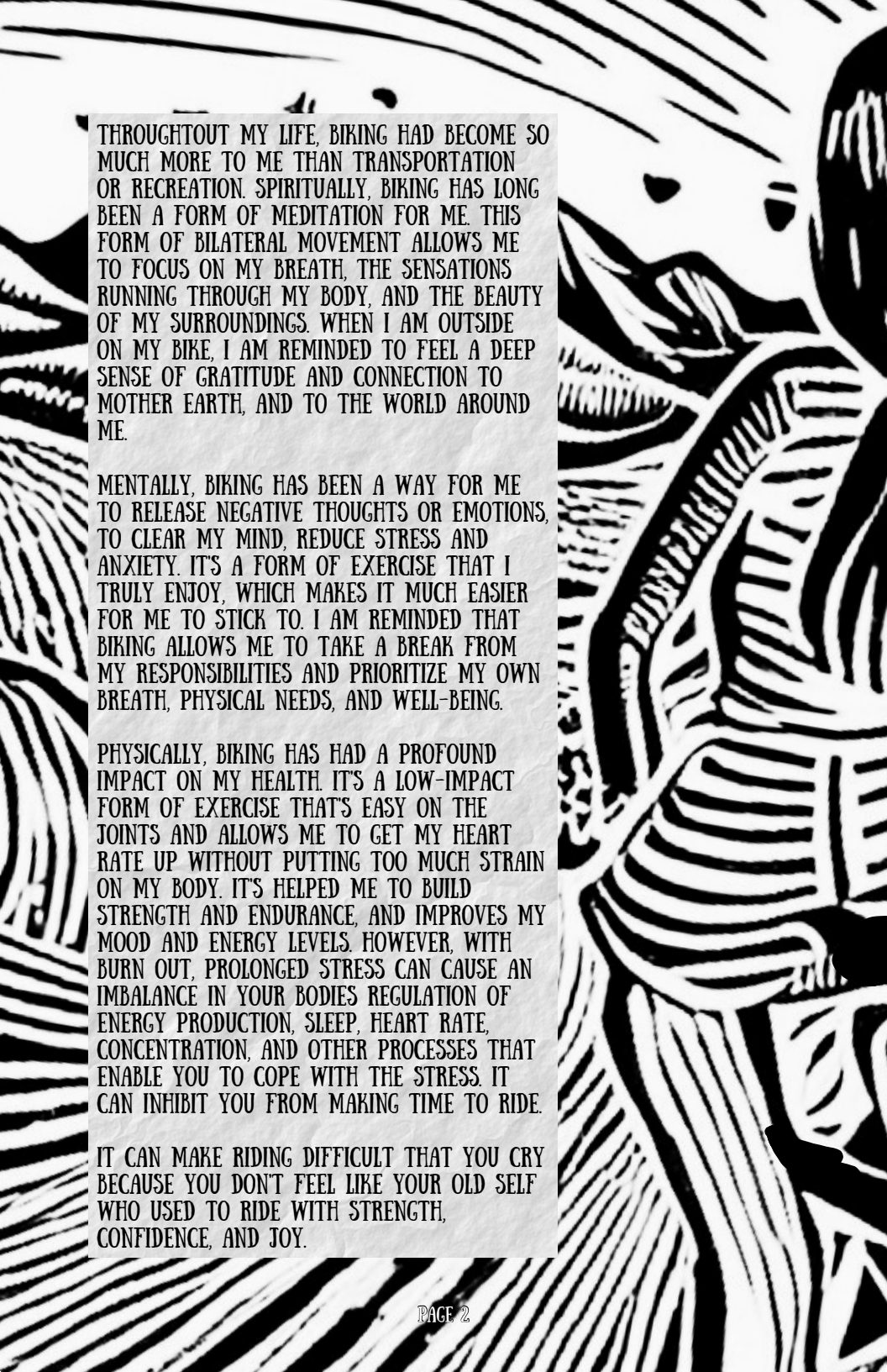


RUNNING A ZINE IS A LABOR OF LOVE, BUT I FOUND IT CAN ALSO BE EXTREMELY DEMANDING. I NEVER THOUGHT CYCLISTA ZINE WOULD BECOME WHAT IT IS, A SPACE OF HOPE. RUNNING THIS SPACE AND ADVOCACY, I'VE FOUND MYSELF WORKING LONG HOURS, NEGLECTING MY SELF-CARE NEEDS, AND FEELING COMPLETELY BURNT OUT. AT TIMES, THE LAST THING I WANT TO DO IS GET ON MY BIKE AND GO FOR A RIDE BECAUSE I'M TIRED AND TOO OVERWHELMED WITH DEADLINES.

BEING ISOLATED AND RUNNING A ZINE DURING THE PANDEMIC AND DEALING WITH GRIEF AND LOSS OF FAMILY MEMBERS HAD MADE MANAGING MY MENTAL HEALTH EVEN MORE CHALLENGING. IN THE BEGINNING, I GAVE A LOT TO THE ZINE, TO THE COMMUNITY, AND MY FAMILY AND FORGOT TO POUR BACK INTO MYSELF. BIKING WAS A DAILY PRACTICE I NEEDED TO HELP ME MANAGE MY GRIEF AND CONTINUED TO BE A SOURCE OF SOLACE AND STRENGTH, HOWEVER, MY BODY STARTED TO RESPOND TO THE INTENSE AMOUNT OF STRESS I HAD CARRIED AND NEGLECTED. THATS WHEN I STOPPED CARING ABOUT RIDING MY BIKE.

WHEN I FORCED MYSELF TO GET ON MY BIKE, MY BODY REMEMBERED THE INCREDIBLE BENEFITS PEDALING HAD FOR MY PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING. IT REMINDED ME THAT BIKING ALLOWED ME TO DISCONNECT FROM WORK AND IMMERSE MYSELF IN THE PRESENT MOMENT. IT REMINDED OF ME OF THE A SENSE OF FREEDOM AND INDEPENDENCE THAT I WAS LACKING THAT THE ZINE INSPIRED.



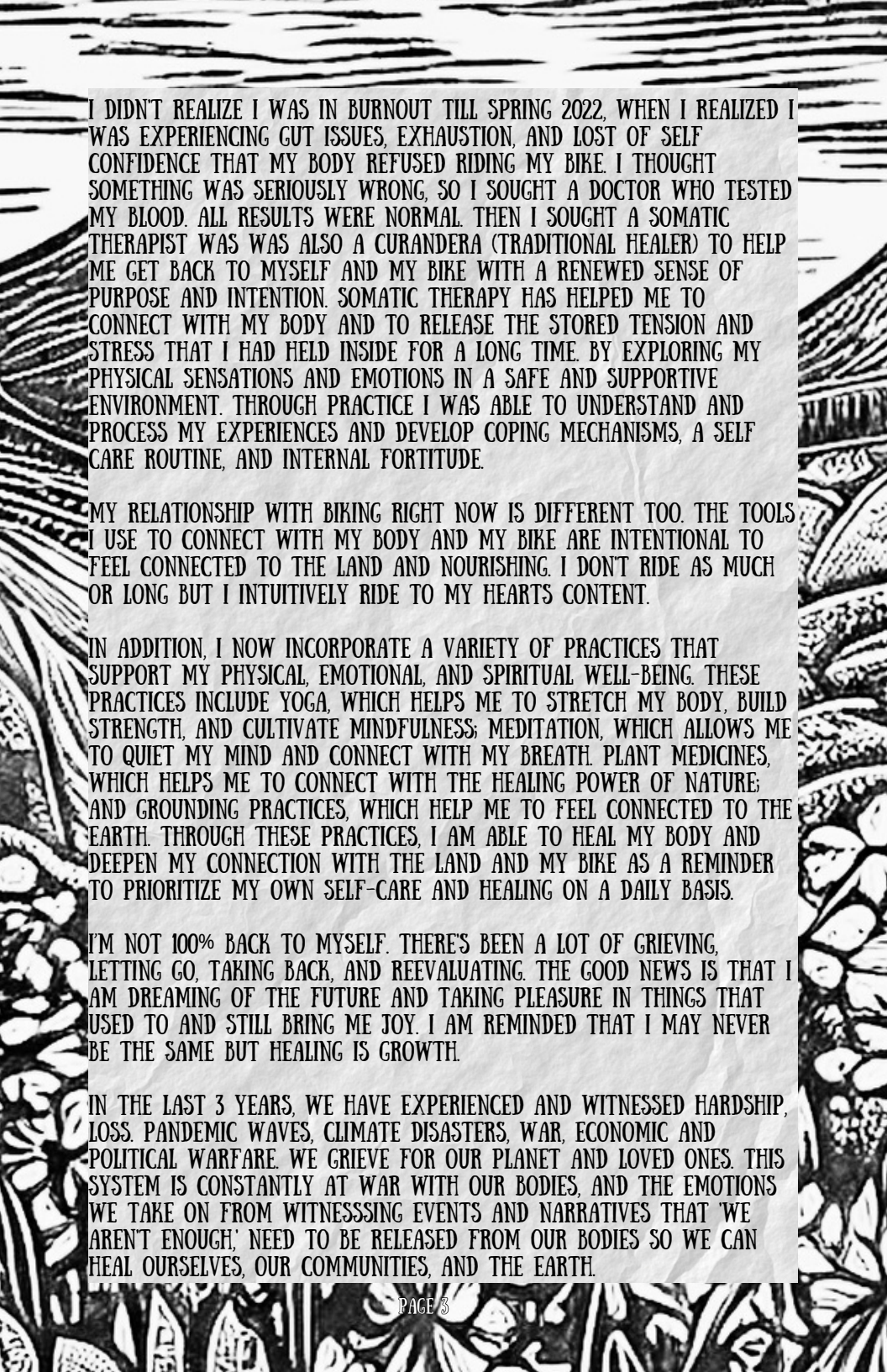


THROUGHTOUT MY LIFE, BIKING HAD BECOME SO MUCH MORE TO ME THAN TRANSPORTATION OR RECREATION. SPIRITUALLY, BIKING HAS LONG BEEN A FORM OF MEDITATION FOR ME. THIS FORM OF BILATERAL MOVEMENT ALLOWS ME TO FOCUS ON MY BREATH, THE SENSATIONS RUNNING THROUGH MY BODY, AND THE BEAUTY OF MY SURROUNDINGS. WHEN I AM OUTSIDE ON MY BIKE, I AM REMINDED TO FEEL A DEEP SENSE OF GRATITUDE AND CONNECTION TO MOTHER EARTH, AND TO THE WORLD AROUND ME.

MENTALLY, BIKING HAS BEEN A WAY FOR ME TO RELEASE NEGATIVE THOUGHTS OR EMOTIONS, TO CLEAR MY MIND, REDUCE STRESS AND ANXIETY. IT'S A FORM OF EXERCISE THAT I TRULY ENJOY, WHICH MAKES IT MUCH EASIER FOR ME TO STICK TO. I AM REMINDED THAT BIKING ALLOWS ME TO TAKE A BREAK FROM MY RESPONSIBILITIES AND PRIORITIZE MY OWN BREATH, PHYSICAL NEEDS, AND WELL-BEING.

PHYSICALLY, BIKING HAS HAD A PROFOUND IMPACT ON MY HEALTH. IT'S A LOW-IMPACT FORM OF EXERCISE THAT'S EASY ON THE JOINTS AND ALLOWS ME TO GET MY HEART RATE UP WITHOUT PUTTING TOO MUCH STRAIN ON MY BODY. IT'S HELPED ME TO BUILD STRENGTH AND ENDURANCE, AND IMPROVES MY MOOD AND ENERGY LEVELS. HOWEVER, WITH BURN OUT, PROLONGED STRESS CAN CAUSE AN IMBALANCE IN YOUR BODIES REGULATION OF ENERGY PRODUCTION, SLEEP, HEART RATE, CONCENTRATION, AND OTHER PROCESSES THAT ENABLE YOU TO COPE WITH THE STRESS. IT CAN INHIBIT YOU FROM MAKING TIME TO RIDE.

IT CAN MAKE RIDING DIFFICULT THAT YOU CRY BECAUSE YOU DON'T FEEL LIKE YOUR OLD SELF WHO USED TO RIDE WITH STRENGTH, CONFIDENCE, AND JOY.



I DIDN'T REALIZE I WAS IN BURNOUT TILL SPRING 2022, WHEN I REALIZED I WAS EXPERIENCING GUT ISSUES, EXHAUSTION, AND LOST OF SELF CONFIDENCE THAT MY BODY REFUSED RIDING MY BIKE. I THOUGHT SOMETHING WAS SERIOUSLY WRONG, SO I SOUGHT A DOCTOR WHO TESTED MY BLOOD. ALL RESULTS WERE NORMAL. THEN I SOUGHT A SOMATIC THERAPIST WHO WAS ALSO A CURANDERA (TRADITIONAL HEALER) TO HELP ME GET BACK TO MYSELF AND MY BIKE WITH A RENEWED SENSE OF PURPOSE AND INTENTION. SOMATIC THERAPY HAS HELPED ME TO CONNECT WITH MY BODY AND TO RELEASE THE STORED TENSION AND STRESS THAT I HAD HELD INSIDE FOR A LONG TIME. BY EXPLORING MY PHYSICAL SENSATIONS AND EMOTIONS IN A SAFE AND SUPPORTIVE ENVIRONMENT. THROUGH PRACTICE I WAS ABLE TO UNDERSTAND AND PROCESS MY EXPERIENCES AND DEVELOP COPING MECHANISMS, A SELF CARE ROUTINE, AND INTERNAL FORTITUDE.

MY RELATIONSHIP WITH BIKING RIGHT NOW IS DIFFERENT TOO. THE TOOLS I USE TO CONNECT WITH MY BODY AND MY BIKE ARE INTENTIONAL TO FEEL CONNECTED TO THE LAND AND NOURISHING. I DON'T RIDE AS MUCH OR LONG BUT I INTUITIVELY RIDE TO MY HEARTS CONTENT.

IN ADDITION, I NOW INCORPORATE A VARIETY OF PRACTICES THAT SUPPORT MY PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING. THESE PRACTICES INCLUDE YOGA, WHICH HELPS ME TO STRETCH MY BODY, BUILD STRENGTH, AND CULTIVATE MINDFULNESS; MEDITATION, WHICH ALLOWS ME TO QUIET MY MIND AND CONNECT WITH MY BREATH. PLANT MEDICINES, WHICH HELPS ME TO CONNECT WITH THE HEALING POWER OF NATURE; AND GROUNDING PRACTICES, WHICH HELP ME TO FEEL CONNECTED TO THE EARTH. THROUGH THESE PRACTICES, I AM ABLE TO HEAL MY BODY AND DEEPEN MY CONNECTION WITH THE LAND AND MY BIKE AS A REMINDER TO PRIORITIZE MY OWN SELF-CARE AND HEALING ON A DAILY BASIS.

I'M NOT 100% BACK TO MYSELF. THERE'S BEEN A LOT OF GRIEVING, LETTING GO, TAKING BACK, AND REEVALUATING. THE GOOD NEWS IS THAT I AM DREAMING OF THE FUTURE AND TAKING PLEASURE IN THINGS THAT USED TO AND STILL BRING ME JOY. I AM REMINDED THAT I MAY NEVER BE THE SAME BUT HEALING IS GROWTH.

IN THE LAST 3 YEARS, WE HAVE EXPERIENCED AND WITNESSED HARDSHIP, LOSS, PANDEMIC WAVES, CLIMATE DISASTERS, WAR, ECONOMIC AND POLITICAL WARFARE. WE GRIEVE FOR OUR PLANET AND LOVED ONES. THIS SYSTEM IS CONSTANTLY AT WAR WITH OUR BODIES, AND THE EMOTIONS WE TAKE ON FROM WITNESSING EVENTS AND NARRATIVES THAT 'WE AREN'T ENOUGH,' NEED TO BE RELEASED FROM OUR BODIES SO WE CAN HEAL OURSELVES, OUR COMMUNITIES, AND THE EARTH.





I MOVE DIFFERENTLY IN AN EVER CHANGING WORLD NOW. EVERYDAY LOOKS DIFFERENT BUT I WAKE UP FEELING GRATEFUL I AM INTENTIONAL HOW I GIVE AND SPEND MY TIME. IT'S WORK GETTING ON MY BIKE BUT THE KEY FOR ME IS TO PRIORITIZE LISTENING TO MY BODIES NEEDS, TO MOVE IT, TO INTENTIONALLY DISCONNECT FROM SOCIAL MEDIA, AND THE DEMANDS OF WORK AND RESPONSIBILITIES JUST TO RIDE.

I'M LEARNING THAT TIME TO BIKE AND BE OUTDOORS CAN BE A FORM OF RESISTANCE AGAINST HUSTLE CULTURE AND THE EVER DEMANDING MEDIA ATTENTION. AT THE SAME TIME, THERE IS PRIVILEGE TO BEING ABLE TO MAKE SPACE AND PRIORITIZE OUR PLEASURE AND NEEDS OVER THE DEMANDS OF THE WORLD AROUND US. I AM FORTUNATE TO BE ABLE TO HAVE ACCESS TO "THE TOOLS" AND BE REMINDED THAT THE MEDICINE IS ESSENTIAL TO GIVE TO MYSELF SO I CAN GIVE TO MY COMMUNITY.

WHILE MANY OF US SEE BIKING AS A POWERFUL TOOL FOR OUR WELL BEING, IT IS NOT THE ONLY SOLUTION. MENTAL HEALTH REQUIRES SO MUCH MORE. MY CURANDERA (HEALER) REMINDS ME THAT BURNOUT IS AN IMBALANCE OF THE SPIRIT, BODY, AND MIND AND REQUIRES US TO COME BACK TO BALANCE BY ADDRESSING EACH. I BELIEVE THAT ANYONE CAN BENEFIT FROM INCORPORATING BIKING AND BEING OUTDOORS INTO THEIR SELF-CARE ROUTINE, BUT I ENCOURAGE FOLKS TO EXPLORE TRADITIONAL OR MODERN MEDICINE. THERE IS NO SHAME IN SEEKING NEW TOOLS AND TREATMENTS. IN FACT, AS SOCIAL BEINGS, OUR EMOTIONAL REGULATION IS INTERDEPENDENT ON EACH OTHER AND THE LAND.



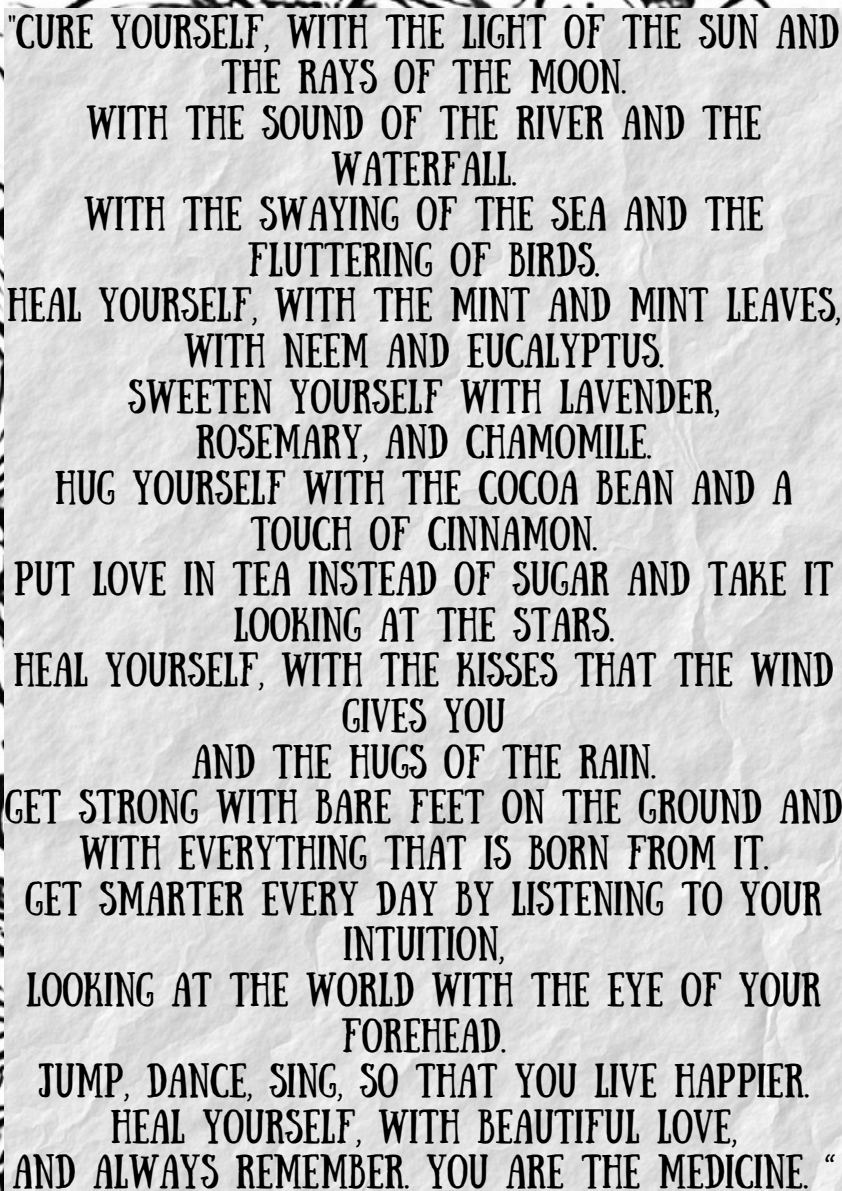


IT IS VERY TIRING TO HEAR NARRATIVES THAT CYCLING OR OTHER FORMS OF EXERCISE CAN SOLVE ALL MENTAL HEALTH PROBLEMS. IT CREATES UNREALISTIC EXPECTATIONS AND PUTS PRESSURE ON INDIVIDUALS RATHER THAN SYSTEMS AND NARRATIVES THAT CONTRIBUTE TO OUR EMOTIONAL DYSREGULATION AND LACK OF SAFETY NETS. MENTAL HEALTH IS A SOCIAL AND POLITICAL ISSUE, RATHER THAN SOLELY AN INDIVIDUAL CONCERN, AND REQUIRES A RANGE OF TREATMENTS, INCLUDING DECOLONIZATION, ABOLITION, DISMANTLING WHITE SUPREMACIST CAPITALIST IMPERIALIST PATRIARCHY, HARM REDUCTION, AFFORDABLE HOMES, FOODS, THERAPIES AND MEDICINES.

IT IS ALSO IMPORTANT TO ACKNOWLEDGE THAT NOT EVERYONE CAN OR SHOULD ENGAGE IN PHYSICAL EXERCISE AS A FORM OF MENTAL HEALTH CARE. FOR INDIVIDUALS WITH PHYSICAL DISABILITIES, CHRONIC ILLNESSES, OR OTHER HEALTH CONDITIONS, EXERCISE MAY NOT BE A VIABLE OPTION. WHILE EXERCISE CAN BE A HELPFUL TOOL IN MANAGING SYMPTOMS, IT IS IMPORTANT TO SEEK OUT ADDITIONAL RESOURCES AND SUPPORT WHEN NEEDED. TAKING A HOLISTIC APPROACH TO MENTAL HEALTH CARE REQUIRES US TO ALSO CHALLENGING OPPRESSIVE SYSTEMS AND STRUCTURES, BOTH WITHIN ONESELF AND IN SOCIETY AT LARGE. PRACTICING EMPATHY AND COMPASSION TOWARDS OURSELVES AND OTHERS, PARTICULARLY THOSE WHO HAVE EXPERIENCED OPPRESSION AND MARGINALIZATION. SUPPORTING AND AMPLIFYING THE VOICES OF MARGINALIZED INDIVIDUALS AND COMMUNITIES. BUILDING RELATIONSHIPS AND COMMUNITIES BASED ON MUTUAL RESPECT, UNDERSTANDING, AND SUPPORT.

THE TOOLS I USE TO BIKE THROUGH BURNOUT MAY NOT HELP YOU THE WAY IT'S HELPED ME. FROM SOMATIC THERAPY, YOGA, AND CURANDERISMO HEALING TAKES TIME, SUPPORT OF MY COMMUNITY, AND A LOT OF TOOLS.

ONE BEING POETRY, THAT IS LIKE A DROP OF SELF CARE →



"CURE YOURSELF, WITH THE LIGHT OF THE SUN AND  
THE RAYS OF THE MOON.  
WITH THE SOUND OF THE RIVER AND THE  
WATERFALL.  
WITH THE SWAYING OF THE SEA AND THE  
FLUTTERING OF BIRDS.  
HEAL YOURSELF, WITH THE MINT AND MINT LEAVES,  
WITH NEEM AND EUCALYPTUS.  
SWEETEN YOURSELF WITH LAVENDER,  
ROSEMARY, AND CHAMOMILE.  
HUG YOURSELF WITH THE COCOA BEAN AND A  
TOUCH OF CINNAMON.  
PUT LOVE IN TEA INSTEAD OF SUGAR AND TAKE IT  
LOOKING AT THE STARS.  
HEAL YOURSELF, WITH THE KISSES THAT THE WIND  
GIVES YOU  
AND THE HUGS OF THE RAIN.  
GET STRONG WITH BARE FEET ON THE GROUND AND  
WITH EVERYTHING THAT IS BORN FROM IT.  
GET SMARTER EVERY DAY BY LISTENING TO YOUR  
INTUITION,  
LOOKING AT THE WORLD WITH THE EYE OF YOUR  
FOREHEAD.  
JUMP, DANCE, SING, SO THAT YOU LIVE HAPPIER.  
HEAL YOURSELF, WITH BEAUTIFUL LOVE,  
AND ALWAYS REMEMBER. YOU ARE THE MEDICINE. "

~MARIA SABINA  
MEXICAN CURANDERA AND POET.





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