

THE 60-SECOND RESET: WHY YOU REACT & WHAT TO DO INSTEAD



TALYA PARDO RICARDO
CERTIFIED ANGER MANAGEMENT SPECIALIST (CAMS-I)
NERVOUS-SYSTEM-INFORMED COACH

This guide is for education and self-reflection.
It is not a diagnosis or a replacement for therapy or medical care.



You don't "lose control" because you're a bad person.

You react because your nervous system is overloaded and learned, defensive patterns come online.

When your system is flooded, your thinking brain goes offline. That's why all the tools you know disappear in the moment.

What's Actually Happening

Your nervous system is always scanning for safety.

When it detects stress, pressure, or emotional threat, it shifts into protection mode.

That activation can feel like:

- tension in your body
- heat rising
- urgency to react
- snapping, shutting down, or escalating

Anger is not the problem.

It's a signal that your system is overwhelmed and trying to protect you. You can't access calm communication from a dysregulated state.

If you want to understand the deeper patterns behind these reactions:

START WITH THE
3 ANGER LOOPS GUIDE



If this guide helps you,
feel free to share it with someone who might need it.



PHOENIX RISING MENTORING

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

Step 1: Interrupt the Reaction (5–10 seconds)

Pause.

Don't speak yet.

Don't act yet.

It's the old instinct to react immediately. Instead, hold the response for a moment. Withhold those comments or reactions that are waiting on the tip of your tongue, ready to shoot out and often wound in the process.

You can even count to ten slowly in your mind if necessary.

The key is to create a micro-gap between the trigger and your response.

If needed, say:

- “Give me a second.”
- “I need a moment.”

This is the foundational start to regulation. The pause for as little as 10 seconds can help you regain your footing and initiate the shift to respond differently.

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

Step 2: Regulate & Discharge the Activation (30–60 seconds to start)

Your body is activated—you need to work with it, not override it.

Choose one of the following:

Breath

- Slow your breathing
- Focus on longer exhales than inhales

Ground

- Press your feet firmly into the floor
- Grip something with your hands
- Drop your shoulders, unclench your jaw

Move the energy

- Shake out your hands
- Walk or pace
- Step away and move your body for 10–30 seconds

These tools signal safety back to your system.

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

Important:

You may feel a shift quickly—but full nervous system regulation can take longer.

Depending on what's been building in your system and the situation you're in, your system may need 10–30 minutes (or more) to fully settle.

This doesn't mean it's not working.

It means your body is processing what has been activated. You are giving yourself the chance to regain access to rational thought and to connect in to the true root of the trigger.

By taking these steps you bring yourself closer to being able to move into Step 3.

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

Step 3: Choose Your Response (10–15 seconds)

Now ask yourself:

- What actually matters here, what's the key issue?
- What do I want to create in this moment?
- What kind of response would be most beneficial here?
- What needs or boundaries do I need to express here?

Then respond from that place. This takes practice. It's not going to come easily or spontaneously, it takes repetition.

It's important to reflect after the surge of emotion has subsided, once the situation has been resolved. Deeper connections to emotional experiences, or needs or boundaries tend to be revealed when we reflect on our initial reaction and what it was all about.

This is why the first step is always regulation, however you do it, the key is to counter the initial physical and emotional reaction. This never means suppressing thoughts or feelings, what it means is allowing the initial spark to subside before initiating your reaction, so you can choose the response rather than act and speak from activation.

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

Go Deeper: Let Your System Fully Settle

If you have space after the moment, use the Calming Waves of Release audio.

You can download it here:

[CALMING WAVES OF RELEASE](#)



This helps your body:

- discharge what's still there
- come out of activation
- return to a grounded state

Think of it as the next step after the reset.

The 60-Second Reset

THIS IS WHAT YOU DO IN THE MOMENT—WHEN YOU FEEL IT RISING.

This Is Just the Beginning

If this helped, it's not because it's a quick fix.
It's because your nervous system responded to regulation.

Real change comes from building the capacity to:

- stay grounded under pressure
- interrupt patterns more consistently
- respond instead of react

If you want to go deeper and build the capacity to stay grounded under pressure, this is the work I do in my new self-study course.

[EXPLORE MASTERING THE FIRE WITHIN](#)



If you'd like to go deeper before the full program, you can start with

[LEADING YOURSELF THROUGH ANGER -
A 3 DAY ANGER WORKSHOP](#)



ABOUT TALYA



I don't teach anger as something to suppress, eliminate, or outgrow.

I teach it as something to understand, regulate, and integrate.

I'm a Certified Anger Management Specialist and nervous-system-informed coach who works with people who are thoughtful, self-aware, and tired of feeling hijacked by reactions they don't fully understand.

My work blends lived experience, neuroscience-informed education, and practical tools that help people move from reactivity into self-leadership — without shaming themselves for how they learned to survive.

Anger isn't the enemy. It's a portal, a doorway that leads you down a path of learning, breakthrough, and metamorphosis.

And when you learn how to work with it, it can become one of your greatest teachers.

Awareness opens the door. Curiosity is what allows you to walk through it.

If you'd like more info on how I can support you on your journey, reach out to me by email: phoenixrising5275@gmail.com or find me on [Facebook](#) or [Instagram](#).



PHOENIX RISING MENTORING