



# Saints and Food Freedom

## **STEP 1: NOTICE (The Pause)**

What is happening right now?

- ☐ Physical hunger
- ☐ Emotional discomfort
- ☐ Stress / overwhelm
- ☐ Fatigue
- ☐ Desire for comfort or relief

What am I feeling in my body or heart?

## **STEP 2: NAME THE NEED**

What is my body asking for right now?

What is my heart asking for right now?

## **STEP 3: INVITE A SAINT**

Who can help me in this moment?

(see next page)



| Emotional Trigger      | Common Experience                         | Saint to Call On         | Virtue Formed              | Coaching Focus                           |
|------------------------|-------------------------------------------|--------------------------|----------------------------|------------------------------------------|
| Stress & Overwhelm     | Eating to calm anxiety or racing thoughts | St. Martha               | Order & Trust              | Pause before eating; simplify the moment |
| Stress & Anxiety       | Nervous eating, tension-driven snacking   | St. Teresa of Avila      | Interior Peace             | Breath + prayer before food              |
| Loneliness & Grief     | Eating to feel comforted or less alone    | St. Monica               | Hope                       | Name the emotion before eating           |
| Shame & Guilt          | Hiding eating, self-criticism             | St. Mary Magdalene       | Mercy                      | Replace guilt with compassion            |
| Shame & Relapse        | “I blew it” mindset                       | St. Peter                | Perseverance               | Gentle reset, not restriction            |
| Control Issues         | Eating when life feels out of control     | St. Ignatius of Loyola   | Discernment                | Choose intentional response              |
| Boredom & Restlessness | Snacking for stimulation                  | St. Augustine            | Temperance                 | Ask: What am I really seeking?           |
| Boredom                | Mindless eating                           | St. Philip Neri          | Joy                        | Replace food with delight                |
| Exhaustion & Burnout   | Eating because depleted                   | St. Gianna Beretta Molla | Self-Gift with Wisdom      | Nourish, don’t numb                      |
| Caregiver Fatigue      | Emotional depletion                       | St. Camillus de Lellis   | Compassion with Boundaries | Refuel body and soul                     |
| Sugar Cravings         | Comfort-seeking sweets                    | St. Benedict             | Moderation                 | Balanced meals, steady rhythm            |
| Habitual Eating        | Eating without awareness                  | Brother Lawrence         | Presence                   | Practice mindful eating                  |
| Discouragement         | “What’s the point?” eating                | St. Jude                 | Hope                       | Focus on one small step                  |
| Hopeless Seasons       | Long-term struggle                        | St. Faustina             | Trust                      | Return to mercy, not shame               |

## **STEP 4: THE PIVOT (Choose ONE)**

- ☐ Drink water
- ☐ Eat a nourishing meal or snack
  - ☐ Journal for 2–5 minutes
  - ☐ Gentle movement or walk
    - ☐ Pause and pray
- ☐ Delay and reassess hunger

## **STEP 5: REFLECT**

What did I choose and  
how did my body respond?

Did this feel more peaceful than reacting automatically?

## **REMINDER**

You are not weak. You are learning a new way and this will  
take practice. Be patient with yourself.





# Saints, Virtues, and Healing the Urge to Numb

One-Page Visual Quick Reference Chart (Emotion → Vice → Saint → Action)

## HOW TO USE THIS PAGE

Pause. Name the emotion. Find the urge. Choose a saint. Pause and Pivot (and pray).  
Then take one small intentional action.

### EMOTION: RESTLESS / EMPTY / LONELY

Vice / Urge: Emotional Eating, Comfort Seeking

- St. Augustine → Restless heart → Pause & pray before eating
- St. Margaret of Cortona → Loneliness → Choose connection or prayer
- St. Monica → Anxiety → Slow breath + surrender prayer
- St. Thérèse of Lisieux → Overwhelm → One small loving action

### EMOTION: STRESSED / OVERWHELMED

Vice / Urge: Overeating, Over-Drinking, Avoidance

- St. Joseph → Steady presence → Drink water, breathe, ground
- St. Frances of Rome → Balance → Simplify the next step
- St. Rita of Cascia → Hopelessness → Ask for grace, not escape

### EMOTION: BORED / NUMB / DISCONNECTED

Vice / Urge: Mindless Eating, Scrolling, Distraction

- St. Benedict of Nursia → Structure → Return to routine
- St. Catherine of Bologna → Purposeful focus → Engage creativity
- St. John Cassian → Vigilance → Stand up, move body

### EMOTION: ANXIOUS / FEARFUL

Vice / Urge: Self-Sabotage, Emotional Eating, Numbing

- St. Dymphna → Anxiety → Name fear + pray
- St. Josephine Bakhita → Feeling trapped → Choose hope
- St. Margaret Clitherow → Fear paralysis → Act with courage

### EMOTION: SHAME / SELF-CRITICISM

Vice / Urge: Body Control, Restriction, Over-Exercise

- St. Mary Magdalene → Shame → Receive mercy
- St. Clare of Assisi → Vanity → Choose simplicity
- St. Rose of Lima → Self-punishment → Practice moderation

### EMOTION: COMPARISON / INSECURITY

Vice / Urge: Vanity, Control, Perfectionism

- St. Bridget of Sweden → Validation seeking → Return to truth
- St. Elizabeth of Hungary → Moral superiority → Practice humility
- St. John Paul II → Body anxiety → Affirm dignity

### EMOTION: TIRED / UNMOTIVATED

Vice / Urge: Sloth, Acedia, Giving Up

- St. Scholastica → Spiritual fatigue → Ask for support
- St. Teresa of Avila → Procrastination → Begin anyway
- St. Teresa of Los Andes → Discouragement → Tiny faithful step
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## DAILY MANTRA

"I do not need to numb this feeling. I can meet it with grace."

This page is designed to be printed, bookmarked, or revisited daily as a practical tool for choosing virtue over impulse.

# Journal

