

Saints for Emotional Eating/Drinking

A quick-reference coaching chart for matching emotional eating patterns with saints for prayer, virtue formation, and habit support.

Hello ladies, food was never meant to carry the weight of our emotions — but so often it does. This chart is a gentle tool to help you pause, notice what's really going on underneath the craving, and bring it to prayer instead of straight to the pantry. Think of each saint as a companion for the season you're in: someone who walked their own path of struggle and can walk alongside you now.

How to Use This Chart

1

Identify the dominant eating trigger (not every trigger).

Be honest but gentle with yourself. Most of us have one or two patterns that show up most often — stress, loneliness, boredom, exhaustion. You don't need to fix everything at once. Just notice the one that's loudest this week.

2

Choose one saint to focus on for the week.

Find your trigger in the chart on the next page and let that saint become your companion for the next seven days. Learn a little about their story — it often mirrors more of your own journey than you'd expect.

3

Pair prayer + virtue + one simple health habit.

Ask your saint for their intercession, lean into the virtue they model, and choose just one small, doable habit from the Coaching Focus column. Small and consistent beats big and unsustainable, every time.

4

Rotate saints as awareness and habits strengthen.

As one pattern loosens its grip, move to the next trigger that needs attention. This isn't a one-and-done exercise — it's a rhythm you can return to for as long as you need it.

Before You Begin: There's no wrong way to work through this chart. You might sit with one saint for a full week, or you might feel drawn to revisit the same one for a season — that's okay. The goal isn't perfection; it's awareness, prayer, and one small step of virtue at a time.

"Come to me, all you who labor and are burdened, and I will give you rest." — Matthew 11:28

Emotional Eating (or Drinking) Triggers & Saint Matches

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?
Celebration	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