

activities based on students' interests, so that students can first feel the fun of sports and enjoy them. Next, the teacher will then gradually increase the difficulty of the sport, so that students have a process of adaptation. When students are found to be intimidated and resistant, the teacher should encourage them to persevere without harming their physical health, so that they can relax and not treat sport as a task that must be completed, but allow them to enjoy the process of sport, feel the fun of sport, and in sport With strong willpower and under the guidance of theoretical knowledge of sports psychology, students should be helped to establish a correct concept of sports health, develop good sports habits and have good sports ethics and personal qualities.

* * * * *

ANALYSIS ON THE APPEASEMENT WORK OF COLLEGE COUNSELORS BASED ON THE RELEASE OF EMOTIONAL PRESSURE

Lan Zhang

College of Safety Engineering, Chongqing University of Science & Technology, Chongqing, 401331, China

Background: In the current fast-paced pace of life development, more and more people have mental illnesses, making mental health issues a key part of people's daily health, which has seriously affected people's daily lives. Mental health is the ability of people to cope with problems or setbacks, and the ability to withstand the stresses they face in order to live a healthy lifestyle. With the development of the economy, people's life pressure has increased and social competition has intensified, which has led to a series of psychological problems for people, these bring great harm and negative impact on the psychologically vulnerable people, and even produce the idea of light life. As managers of students in universities, counsellors play an important role in the daily lives of students. Having a good mind and good psychological health is a basic requirement for counsellors, who should give students the right guidance with their own experience and social experience, so as to improve the psychological quality of students and cultivate their psychological health. It is therefore essential that university counsellors have a good psychological profile, a strong mind to face all kinds of setbacks and stresses, and a healthy way of relieving and digesting them, while at the same time helping students to emerge from their difficulties in a timely manner, so that they can acquire physical and psychological health while learning knowledge, which will be beneficial for their future development.

Objective: This paper analyses the development of mental health education for university counsellors and examines the pressures and dilemmas arising from counsellors' mental health work, so that the mental health of counsellors can be improved while improving the psychological quality of students, so that students can have a strong mental attitude to face various future setbacks and difficulties, develop a good mindset and cultivate mental health while learning knowledge. By cultivating students' psychological health, colleges and universities can thus deliver more psychologically healthy talents to society, which is conducive to the healthy and stable development of society.

Subjects and methods: The research object of this paper is the mental health work of college counsellors. Starting from the concept and meaning of positive psychology, the survey method is used to investigate the development of the mental health work of college counsellors, through which we understand the development of the mental health work of contemporary counsellors and the mental health of college students, and then the literature research method is used to study the cultivation path of positive psychology according to the relevant literature, so as to The study was then conducted based on the literature research method and the cultivation path of positive psychology, so as to promote the development of mental health education work of university counsellors.

Results: The psychological health of college counsellors has a huge impact on their mental health work. Therefore, this paper finds that the positive psychological quality of university counsellors mainly consists of three aspects: wisdom connotation, emotional attitude and will power. Their emotional attitudes are mostly influenced by their age and their living environment. Counsellors of different ages show different emotional attitudes, but most of them are positive and healthy, in line with social morality and ethics. Counsellors of higher ages have more traditional emotional attitudes and have stable families; counsellors of younger ages have more avant-garde emotional attitudes. Most of the counsellors' willpower is stronger, which is related to their social experience and beliefs in life. Counsellors are usually members of the Party, their loyalty to the Party is higher, and their willpower is stronger under the cultivation of the Party. Through the research, it can be found that the mental

health condition of the counsellors is good, which provides the prerequisite for the counsellors to carry out the work of mental health education in colleges and universities, and is conducive to the education of students.

Conclusions: Although university counsellors have the qualifications and conditions to provide mental health education for students, there are some problems in the process of education work, such as excessive work pressure and complicated student affairs, etc. This requires the joint efforts of both the school and the counsellors to provide guidance for students' mental health problems. On the other hand, counsellors should also regulate their own psychology, have appropriate ways of relieving stress, and effectively resolve any psychological problems in their work and life. They should not mislead students about their mental health and should seek medical attention and report the situation to the school. Only when universities and counsellors pay attention to the mental health education of students can they further improve the psychological quality of students, promote the development of schools and provide more psychologically healthy talents for society.

Acknowledgements

The study was supported by the Based on HAZOP_ Establishment and application of safety evaluation index system of coal chemical enterprises based on fire and explosion model (No. CKRC2019038).

* * * * *

AN ANALYSIS OF THE WAYS TO COMBINE "TWO COURSES" EDUCATION WITH MENTAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

Min Zhang¹ & Lei Wang²

¹School of Marxism, Shaanxi Polytechnic Institute, Xianyang, 712000, China

²Department of Police Administration Science, Railway Police College, Zhengzhou, 450053, China

Background: After investigating and analyzing the current study life of college students, it can be understood that, under the long-term protection of students' parents, schools and society, at this stage, most college students are not mature enough, and often cannot effectively resist the influence of external bad temptations in the more relaxed college environment. In the face of this situation, the "Implementation Outline of Mental Health Education for College Students in Ordinary Higher Education Institutions (for Trial Implementation)" lists the enhancement of mental quality, ideology and morality, science and culture, and physical quality as four indispensable parts of the current quality education for college students, with a view to enabling students to absorb sufficient scientific and cultural knowledge and improve their physical quality, and to have the willpower to resist undesirable external temptations. The aim is to help students grow up healthily. After analysing the above four components, we can find that psychological quality and ideological and moral theories have the same attributes, the same guiding ideology and complementary education methods work.

Objective: There is an extremely close correlation between ideological education and mental health education in colleges and universities. In the current process of education and teaching in colleges and universities, in order to give full play to the function of nurturing people in colleges and universities and to achieve the effective strengthening of students' comprehensive quality, colleges and universities need to clarify the connection between ideological education and mental health education and the physical and mental development of students on the basis of factors such as their physical and mental development, to combine ideological education and mental health education in an By effectively promoting the complementary strengths between ideological education and mental health education in colleges and universities, we can help students build a correct "three views" and develop a positive attitude towards people. For the current education and teaching activities in universities, strengthening the effective integration between ideological education and mental health education can, on the one hand, effectively enhance students' adaptability to the external environment and provide support for the construction of a harmonious and stable campus environment, and on the other hand, open up new development paths for the creation of teaching objectives and extension of teaching contents for ideological education and mental health education, so as to cultivate students' healthy psychological qualities and enable students to achieve the educational and teaching goals of pursuing values in life.

Subjects and methods: This study is mainly based on practical experience, the current situation of teaching ideological education and mental health education in colleges and universities has been investigated and studied, and the research and analysis methods such as literature method, case method