

psychological counseling guidance, expert online medical treatment, behavioral psychology rehabilitation guidance and training, and the audio content of behavioral psychology is included in the software. According to the specific situation of patients, select the rehabilitation training process corresponding to the behavioral psychology rehabilitation software. In the early stage, routine psychological auxiliary treatment will be carried out according to the expert guidance, including diet, psychological and emotional adjustment and routine physical health training. As patients gradually adapt to the treatment plan, they will enter the professional treatment and rehabilitation process, including several stages of learning videos. The training content will focus on the situation of patients with cognitive impairment, and specially customized training tasks, such as diet arrangement, physical training, rehabilitation learning guidance and so on. After several stages of training, check the impact of computer-aided training on patients with cognitive impairment. Therefore, the research proposes a computer software integrating behavioral psychology for the rehabilitation treatment of patients with behavioral cognitive impairment to verify whether the treatment scheme is effective.

Objective: To explore the disease status of people with cognitive impairment, analyze the impact of psychotherapy on people with behavioral cognitive impairment, and design a rehabilitation training assistant software based on behavioral psychology to alleviate the patient's condition.

Subjects and methods: 60 people with behavioral cognitive impairment in a hospital were selected as the research object of rehabilitation training. The research patients were divided into two groups. One group was the control group, using the general rehabilitation treatment scheme, and the other group was the experimental group, which was the combination of the general treatment scheme and the psychological rehabilitation training. The patients were given rehabilitation training for half a year to record whether the proposed treatment scheme had an impact on the patients.

Results: Table 1 is the comparison table of rehabilitation training experiment of two groups of patients with cognitive impairment. In the six-month rehabilitation training, the number of patients with cognitive impairment using the software rehabilitation training scheme showed a downward trend, which was significantly better than the ordinary rehabilitation treatment scheme, and a large number of patients with severe cognitive impairment gradually changed to low cognitive impairment, and the number of patients with low cognitive impairment increased. The proposed scheme can alleviate the disease.

Table 1. Comparison table of rehabilitation training experiment between two groups of patients with cognitive impairment

Project	Experience group	Control group
Severe cognitive impairment	30	30
General cognitive impairment	21	25
Low cognitive impairment	5	15

Conclusions: People with cognitive impairment have certain difficulties in study, life and work. People should give more patience and attention in their daily life. At the same time, people with cognitive impairment have complex causes, there is no targeted treatment, and conventional drugs and rehabilitation training are not suitable for all patients. Therefore, a training and rehabilitation software based on behavioral psychology is developed according to the disease characteristics of patients with cognitive impairment. The comparison of rehabilitation experiments shows that the rehabilitation guidance training of behavioral psychology can effectively alleviate the patient's condition and improve the rehabilitation effect of patients. The new treatment scheme is also more suitable for most patients. It has good affinity for such patients and is worth popularizing.

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INFLUENCE OF EDUCATIONAL REFORM ON TEACHERS' ANXIETY UNDER BIM COLLABORATIVE MANAGEMENT MODE

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Background: With the accelerating pace of modern life, more and more people have psychological problems, such as emotional anxiety, irritability, irritability, etc. there are many reasons for these manifestations, such as work and life pressure, adverse interpersonal communication, physical health

factors, etc. In the field of education in China, most teachers have had anxiety problems. The direct impact of this psychological problem is the decline of teachers' teaching quality. If teachers do not adjust in time, they are likely to have psychological diseases such as mental anxiety and depression, which will not only affect the development of education in China, but also have an adverse impact on teachers' physical and mental health. According to the investigation of relevant data, it is found that there are several reasons for teachers' anxiety, such as anxiety caused by unclear career planning and development. Teachers' anxiety caused by high work task pressure and long-term emotional depression. The improper handling of the relationship between teachers and the same time leads to the anxiety of affecting work and productivity. It is not difficult to see from the survey data that the current teachers generally have anxiety problems, and the factors causing anxiety mainly come from the anxiety of career development and interpersonal communication. Therefore, the current education field needs to urgently solve the psychological anxiety of teachers, take effective measures to improve the current situation of teachers' anxiety, and help teachers establish a correct concept of professional development, so as to have the scientific development of modern education.

At present, the general population suffers from anxiety. To improve the anxiety status of the population, we also need to apply drugs to the case according to the factors of population anxiety in order to improve people's anxiety. The anxiety of teachers mainly comes from career development factors and simultaneous factors. In the field of education, in order to alleviate the pressure of teachers and enhance the harmonious relationship between teachers, many schools will adopt collaborative management model. BIM collaborative management mode mainly solves the problem of lack of communication and cooperation between teams. For example, in some teaching tasks, BIM management mode can achieve the effect of multiple teachers completing teaching tasks together, which can not only improve teachers' teaching efficiency, but also enhance the friendship between teachers. More importantly, teachers can exchange teaching opinions and ideas and improve teachers' education level, to alleviate the anxiety of teachers' professional development. BIM collaborative management can be realized not only in teaching tasks, but also in the arrangement of teaching and the management of teachers and students. It can reduce teachers' teaching pressure to alleviate teachers' anxiety. Therefore, a BIM collaborative management model is proposed to analyze the factors of teachers' anxiety, and improve the common anxiety problems of teachers based on BIM collaborative management model.

Objective: To explore the current situation of teachers' anxiety, analyze the main factors causing teachers' anxiety, and put forward a BIM collaborative management model to improve the current problems of teachers' anxiety and help teachers develop better.

Subjects and methods: Take 60 teachers in a school as the main research object, count the specific reasons for the anxiety of teachers, put forward the BIM collaborative management mode strategy according to the anxiety of teachers, adopt the collaborative management mode for half a year in school teaching, and evaluate whether the BIM collaborative management mode can improve the performance of teachers' anxiety after six months of testing.

Results: The score of 1-4 is used to indicate the improvement of teachers' anxiety. The score of 1 indicates very poor, the score of 2 branches indicates average, the score of 3 indicates well, and the score of 4 indicates excellent. The scoring items are set as "anxiety improvement" and "self-confidence". After half a year's test, the scores of teachers' anxiety indicators are counted. The higher the score, the better the recognition of teachers' career planning.

Table 1. Training test results of teachers' anxiety improvement in six months

Project	One month	Three months	Six months
Anxiety improvement	1	2	3
Confidence	2	3	4

Conclusions: In the context of modern education reform, education should not only pay attention to students and teaching content, but also pay attention to teachers. Due to career development factors, many teachers have problems such as anxiety, which not only seriously affects the development of modern education, but also endangers the physical and mental health of teachers. Therefore, in modern society, people should increase the understanding and affirmation of teachers and lower the harsh requirements for teachers. At the same time, in teaching management, teachers generally have emotional anxiety problems. Effective suggestions should be put forward according to the specific pressure of teachers. For example, BIM collaborative management model can not only improve the pressure of teachers' teaching tasks, but also enhance the friendship between teachers, improving the overall teaching level of teachers, so as to improve teachers' anxiety, which is of positive significance to the whole education industry.

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ANALYSIS ON THE ALLEVIATING EFFECT OF PROMOTING MULTI SENSORY READING MODE ON COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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Background: In the medical field, cognitive impairment is not considered as a kind of mental disease that is difficult to cure, and there are many textures that lead to the formation of cognitive impairment. However, in the medical field, clinical medical experts believe that the factor leading to cognitive impairment is that the patient's brain is stimulated, resulting in damage to the nerves that control human neural activities, and the cognitive function of the brain is affected and unable to receive external information normally. However, more experts and scholars tend to attribute cognitive impairment to mental and psychological diseases, because from a psychological point of view, some patients can alleviate their condition through drug treatment, psychological adjuvant treatment, physical rehabilitation training and other ways. However, different patients have different types of cognitive impairment, and the treatment methods are not the same. At present, in colleges and universities, some student groups have cognitive obstacles, and it is difficult to accept knowledge in learning. At the same time, there are also some obstacles in interpersonal communication, which affect the development of students. Considering that the cognitive impairment of students mainly comes from psychological factors, drug treatment is not only easy to damage students' body, but also affect students' body and mind. Therefore, the cognitive impairment of students can be alleviated in the form of psychological counseling. Through the reconstruction of students' patients' thinking, cultivate students' consciousness and emotion, and help patients establish a cognitive system, so as to reshape patients' world outlook and improve students' cognitive impairment.

In the development of colleges and universities, in order to improve students' physical and mental health problems, psychological counseling and ideological and political education are often adopted to improve students' mental health problems. Considering that cognitive impairment is a serious disease at the psychological level, and the patients lack accurate judgment and cognition of things, among the students with cognitive impairment, we can improve the condition of the sick students through the study of students' psychological emotion, especially the multi-sensory treatment method, which can awaken the students' ability to accept new things and improve the patient's condition. Therefore, in college education, it has been proposed to promote multi-sensory reading mode in colleges and universities to improve students' cognitive impairment. Considering that patients with cognitive impairment lack the ability to correctly judge things and have obstacles in emotion, psychology, emotion and cognition of new things, they can use multi-sensory stimulation. For example, let students try to express the emotion of reading content by mobilizing sensory organs such as eyes, brain, heart, mouth and hands through reading multi-sensory content, so as to help the sick students feel things again and adjust their psychological state. And improve students' cognitive impairment through multi-sensory training. Therefore, in order to clarify the impact of psychological counseling strategies on college students' cognitive impairment, a multi-sensory reading model is proposed to alleviate students' cognitive impairment. Through multi-sensory reading, patients' senses are mobilized and their psychological emotions are adjusted, so that the cognitive impairment of sick students can be improved.

Objective: To explore the current situation of college students' cognitive impairment, analyze the impact of students' cognitive impairment on personal development and physical and mental development, and put forward a multi-sensory reading model to improve the condition of college students with cognitive impairment.

Subjects and methods: Taking 100 students in a university as the research object, set 1 to 4 grade indicators respectively, of which 1 means poor, 2 means average, 3 means good and 4 means very good. Set three evaluation indicators of test items, namely "learning cognitive ability", "learning effect" and "psychological performance", to reflect the impact of multi-sensory reading mode on college students with cognitive impairment.

Results: After 5 months of multi-sensory reading promotion test, the index scores of ordinary students and sick students are counted, as shown in Table 1. It is obvious that after half a year's test, the condition of students suffering from psychological disorders has been alleviated and basically reached the index of