The problem of college students' mental health is a major challenge facing the development of college education. With the emergence of more and more students' psychology and emotion, college education should pay more attention to the guidance of students' mental health while constantly innovating courses. In the era of big data, more and more colleges and universities have applied big data technology. Big data technology not only facilitates the scientific research and education of colleges and universities, but also provides a reference for colleges and universities to deal with the mental health problems of college students. For example, the big data technology builds a psychological counseling platform, the school sets up a public account for psychological counseling, and with the help of the network platform, effectively supervises the psychological status of college students, and strengthens the attention and intervention to students' psychological problems, so as to avoid students' mental health problems. Mental health has become one of the main challenges facing the development of colleges and universities. With the advent of the era of big data, the rational construction of mental health consulting platform with the help of big data technology to provide important psychological counseling for students has a positive impact on promoting the development of college education. Therefore, this paper analyzes the mental health problems and challenges faced by college students, analyzes the impact of mental health problems on college education, and analyzes the correlation between the challenges faced by colleges and universities in the era of big data and mental health under the background of big data.

Objective: To explore the current situation of college students' mental health problems, analyze the common mental health problems and their impact on the development of colleges and universities, analyze the impact of big data on mental health education, and then discuss the correlation between the challenges faced by college education and mental health.

Subjects and methods: The research take 200 students of different majors in a university as the research object, constructs a psychological counseling platform with the help of big data technology, and counts the mental health and professional scores of students for half a year, so as to evaluate the correlation between mental health and the challenges faced by the university.

Results: Table 1 shows students' mental health scores and professional scores after counseling on big data consulting platform, with a full score of 10. It can be seen that after half a year of psychological counseling, students' mental health scores have significantly improved, and students' professional scores have also improved, indicating that students' mental health affects students' professional scores, and students' mental health is related to the challenges faced by the school.

Table 1. After counseling on big data consulting platform, students' mental health scores and professional scores

Project	Mental health score	Professional score
Before	5	6
After	7	9

Conclusions: Mental health has become one of the most important challenges affecting the development of colleges and universities, which needs high attention of college education. Mental health problems not only affect the formation of students' ideological character, but also affect students' physical and mental quality, and then affect the development of education. Therefore, this paper analyzes the impact of mental health problems on college education, analyzes the correlation between the challenges faced by colleges and universities and mental health, and proposes to build a psychological counseling platform through big data technology. The results show that through the construction of big data psychological counseling platform and the addition of information-based psychological counseling content, the mental health status of students has been significantly improved, the learning quality of students has also been improved, and the scientific development of higher education has been promoted.

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THE INFLUENCE OF THE IMPLEMENTATION PATH OF THREE EDUCATION REFORM IN COLLEGES AND UNIVERSITIES BASED ON 1 + X CERTIFICATE SYSTEM ON ALLEVIATING STUDENTS' LEARNING ANXIETY

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Background: Anxiety symptoms have become a disease of the times, which has attracted much social attention because of its wide incidence and many disease types. There are many types of anxiety, including mental anxiety, emotional anxiety, psychological anxiety and so on. People with anxiety disorder generally have problems such as mental tension, lack of sleep, high mental pressure, decreased learning ability, inattention and so on. At present, more and more college students have learning anxiety symptoms. Patients with learning anxiety symptoms have a general decline in learning ability and memory ability, which affects learning quality and physical and mental health. There are several common treatment methods for anxiety disorder, such as drug treatment, combined with some drugs to help sleep and regulate nerves, which can improve patients' nervous tension. At the same time, there is self-regulation, such as participating in sports, listening to songs, traveling, paying attention to rest, which can alleviate the patient's mood, regulate the patient's pressure, and have a good effect on curing anxiety disorders. At the same time, there are psychological counseling methods. Psychological counseling pays more attention to the inner emotion and pressure relief of patients with anxiety disorder. Through reasonable psychological counseling on the factors of patients' anxiety, or solving the anxiety problem points, it can well alleviate the anxiety problems of patients. At present, the main reason for college students' anxiety about their professional development lies in their confusion about their study. Therefore, how to effectively alleviate the learning anxiety of college students will have an important impact on promoting the reform of college education.

Learning anxiety disorder has become a major adverse factor affecting the development of college students. The study on the causes of current college students' learning anxiety found that students' anxiety points focus on confusion about future development and lack of professional cognition. At the same time, many students believe that the professional content is partial to theory and cannot meet their personal development needs. Under the background of the implementation of the three-education reform, colleges and universities put forward the 1 + X certificate system to improve the current difficult situation faced by students. The promulgation of the 1 + X certificate system meets the requirements of the national vocational education reform implementation plan. The "academic certificate + several vocational skill level certificates" system is officially launched in colleges and universities. The new education reform system strengthens the supervision of the learning process, improves the gold content of vocational certificates based on social development, and enables students to have more competitive professional quality through more effective skill training and professional certificates. At the same time, strengthen the training and assessment of vocational certificates, strengthen management and evaluation, improve the overall professional level of students through a fairer and more reasonable management system, and solve the development planning problems of students' current anxiety. Therefore, this paper studies and analyzes the performance and treatment methods of patients with anxiety disorder. Through the analysis of students' learning anxiety, it discusses the implementation of 1 + X certificate system in the reform of three education in colleges and universities to alleviate students' learning anxiety.

Objective: To explore the situation of college students' learning anxiety, analyze the impact of anxiety and treatment methods, study the content of 1 + X certificate system, and then explore the impact of 1 + X certificate system on alleviating students' learning anxiety.

Subjects and methods: Take 400 students in a university as the research object, including 200 normal students and 200 students with anxiety disorder. Implement the 1 + X system management for the research object for 6 months, and record the changes of psychological activities before and after the research object, so as to evaluate the impact of 1 + X system management on patients with anxiety disorder.

Results: The changes of learning ability and application ability of 400 students after 6 months of study are shown in Table 1. The patient's ability is graded according to 0-4. 0 indicates poor ability and 4 indicates very good ability. It can be seen from Table 1 that after 6 months of study, the patients' abilities in all aspects have been significantly improved and close to the level of ordinary people.

Table 1. Changes in learning ability and application ability of 400 students after six months of study

Project		Before teaching	After teaching	P
Application ability	Anxious students	2	3	<0.05
	Normal students	2	4	
Learning ability	Anxious students	2	4	<0.05
	Normal students	3	4	

Conclusions: Modern college students' learning anxiety has a long history. Due to college students' lack of professional understanding and confusion about future career development, many students have learning anxiety, which not only affects students' learning, but also has an adverse impact on personal physical and

mental development. Therefore, through the analysis of the main causes of students' learning anxiety, we should implement the management of 1 + X certificate system in the reform of three education in colleges and universities. The results show that after the management of the system, students' cognition of the major has been improved, their learning enthusiasm and learning quality have been significantly improved, which has a positive impact on students' anxiety. The research content is of great significance to promote the reform of higher education.

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RESEARCH ON THE AESTHETIC IMPLICATION OF CHINESE LANDSCAPE PAINTING BRUSH AND INK LANGUAGE TO ALLEVIATE THE CREATOR'S PSYCHOLOGICAL ANXIETY

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Background: Psychological anxiety is a typical psychological disease. Patients are characterized by depression, mental tension and excessive mental pressure. At the same time, patients with psychological anxiety are often accompanied by problems such as lack of sleep, anorexia, decline in learning ability and creative ability. With the accelerated pace of modern people's life, unhealthy eating habits, irregular sleep, long-term use of electronic products, accumulation of various pressures, lack of emotional release and other factors have led to an increasing number of modern people suffering from psychological anxiety problems. The problem of psychological anxiety needs to be solved in time. If the problem of anxiety becomes more and more serious, it is likely to affect the mental health of patients and lead to more serious mental diseases such as depression and cognitive impairment. At present, there are many treatment methods for psychological anxiety, but there is no targeted treatment. In particular, the causes of psychological anxiety are complex, which need to be dredged according to the specific anxiety points of patients in order to effectively cure anxiety symptoms. For example, for creative anxiety patients, they have been in the thoughts of work innovation for a long time, with concentrated mental power and rich emotional changes, which is easy to produce creative anxiety. Once the creator has psychological anxiety problems, it will affect the creator's creative inspiration and creative mentality, which is not conducive to the innovation of works. Therefore, discussing how to alleviate the creator's psychological anxiety has a positive impact on the cure of anxiety symptoms.

In the design of works, creators need clear thinking and agile insight, which is conducive to the innovation of works. However, the creator's emotion is easily affected by the limitations of work innovation, which limits the exertion of his innovation ability. For a long time, he is in a highly concentrated mental state, and the creator is prone to psychological anxiety, which affects his creative inspiration. Chinese landscape painting works have strong Chinese cultural characteristics and beautiful art, and its creative language has strong aesthetic and artistic value. Appreciating Chinese landscape paintings can not only cultivate people's temperament and relieve people's tension, but also bring new creative inspiration to creators suffering from psychological depression. Chinese landscape painting works are based on pen and ink. Through pen and ink, landscape, animals and other elements, we can build a smart and beautiful landscape painting works. Creators suffering from psychological anxiety can affect the psychological activities of patients and have a positive impact on their creation by appreciating the aesthetic meaning of Chinese landscape works. Therefore, this paper analyzes the performance of patients with psychological anxiety and gives treatment methods, analyzes the impact of Chinese landscape works on the psychology of patients with psychological anxiety, and discusses the impact of the aesthetic meaning of Chinese landscape painting pen and ink language on alleviating the creator's psychology.

Objective: To explore the performance and harm of patients with psychological anxiety disorder, analyze the treatment schemes of common psychological anxiety disorders, at the same time, analyze the influence of Chinese landscape painting brush and ink works on psychological creators, and then analyze the influence of the aesthetic meaning of Chinese landscape painting brush and ink language on alleviating creators' psychological anxiety.

Subjects and methods: Randomly select 100 creators with psychological anxiety as the research object,