

of mental health education, so as to make students fully aware of their psychological conditions and characteristics, master the methods of adjusting emotions and psychology, and make full use of systematic psychological knowledge for self-regulation, Form good ideological and moral quality and psychological quality.

5. Actively carry out psychological counseling. Ideological and moral education and mental health education are inseparable. Mental health education needs to be further carried out through psychological counseling. Therefore, moral education workers in Colleges and universities should timely understand the ideological and psychological status of college students, and guide students' study, life and employment through communication and consultation. At the same time, the school should establish a special psychological counseling room to help college students with psychological problems make psychological adjustment, guide them to treat problems scientifically and eliminate psychological doubts; Or regularly hire psychological experts to give lectures in the school, so that students can self-examine problems, or guide teachers to timely find problems such as psychological imbalance and psychological obstacles of college students, so as to promote college students to continuously improve their self-awareness and ability to solve problems independently, so as to continuously improve and develop themselves.

6. Establish a network education system. The development of information technology provides new means for ideological and competence education. Making full use of information technology can improve the timeliness of education and expand the influence of mental health education. Ideological and competence education in Colleges and universities should make use of the advantages of network to establish a network system of mental health education. First of all, the school can build some ideological and competence education theme websites integrating knowledge, service and interest, provide students with a platform for communication and learning, and carry out penetration education in various forms. Secondly, the school can also hold political lectures, online cultural festivals, psychological counseling and other activities on the Internet, invite experts and scholars for interactive communication, and use the Internet to help students solve problems, which can not only maintain students' face, but also achieve good teaching results. In addition, schools, teachers and families should establish close contact through the network, strengthen contact through wechat, QQ and other communication platforms, pay close attention to students' psychological changes, timely guide students who may have problems, and form an educational force.

7. Strengthen the construction of teaching staff. College teachers are human engineers and they are the guides of students. Therefore, college teachers should first be educated and strive to become the disseminator of advanced ideology and culture, so as to better assume the responsibility of guiding and guiding the healthy growth of students. Therefore, colleges and universities should strengthen the construction of teachers' ethics and conduct regular skill training for moral education workers to make them master the relevant knowledge of mental health education, so as to analyze the psychological problems of students from the perspective of professional mental health, and make them really play the role of guiding and educating students. At the same time, guide all teachers to realize the importance of mental health education, urge them to intersperse mental health education in daily education, combine mental health education with professional education, make all teachers in the school become important implementers of mental health education, and expand the teacher team of mental health education.

Conclusions: Strengthening Mental Health Education in Ideological and competence education in Colleges and universities needs the cooperation of society, schools and families, actively explore effective ways to strengthen mental health education, clarify the significance of Ideological and competence education and mental health education, and realize the organic combination of the two, so as to improve the effect of Ideological and competence education in an all-round way.

Key words: mental health - education - students

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COMPOSITION AND ANALYSIS OF PSYCHOLOGICAL EMOTIONAL EXPRESSION IN PAINTING

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Background: In plastic arts, composition is one of the important artistic expressions. As an important part of painting language, its existence is to control the structure of the picture. As a means of artistic expression, composition, through careful management of various elements of the picture, constructs a

visual space, which can not only fully express the beauty of the picture, but also express the artist's aesthetic concept, reveal the painter's arrangement and command of concrete objects, but also enable the artist to release and retract emotions with the help of this form, Give the work unique charm. Hegel said in his book aesthetics that paintings must be a whole, which requires perfect layout and clear boundaries within. The boundary of a thing is the boundary between this thing and that thing. A work of art should be independent. Only when the layout is reasonable and perfect can it be organic, organic and the life of the work of art. This passage defines the status and significance of composition. In Chinese painting and Western painting, composition plays a leading role in figure painting, still life painting, landscape painting and folk painting. The style of composition is often the key to the completion and attention of the whole work. As an important step in the expression of oil painting, composition reflects the painter's examination attitude, condenses the painter's emotions and views, acts as a method, an abstract thinking, and shows the different appeal of the works. Since ancient times, Chinese and foreign painters have repeatedly explored and practiced the composition, not unconsciously copying and imitating a certain style, but constantly exploring various effective and valuable composition forms, so that different works have different composition forms, so as to achieve the effect of letting a hundred flowers bloom and shine.

Objective: The method and form of composition in the picture play an important role in the painter's expectation of expressing his inner emotions in his works, which requires the painter to organize and understand the symbols of painting first, so as to unify the painting language and painting thought. There are specific forms of expression in everything. When a painter creates, he needs to reasonably organize and configure each part of the things to be expressed according to certain rules according to the needs of the creative theme. Secondly, in painting, painters will encounter a variety of complex objects. In order to arrange them reasonably and orderly on the picture and highlight the theme, we need to summarize the objective things artistically. Thirdly, the symmetry and balance of picture composition. If the upper and lower or left and right shapes are the same and the volume is the same, it gives people a sense of calm, steadiness and stability, and can produce a coordinated beauty, which is solemn and serious. This composition is generally more common in ancient imperial portraits. Balance refers to two objects with different shapes and volumes but similar picture arrangement. Picture balance can make the original chaotic picture have a clearer expression. Then there is the relationship between density. If the density relationship of a picture is arranged asymmetrically or not "appropriate", it will become an unreasonable composition. Only by combining density and density, do you have me and me, and achieve the degree of tightness and the unity of density, can it be a reasonable composition. In the works of some masters, we often see the dense arrangement between characters, between people and background, and between environment and background. Only by making good use of the relationship between these dense arrangements and setting off each other, can we highlight the theme and make the primary and secondary reasonable. When we encounter complex and messy scenes, we are required to have the ability to grasp the level and rhythm in the change of density, so as to avoid confusion between density and density between objects. When the distance between objects is equal and changes are lost, the rhythm of the picture will become weak. In the process of painters' creation, the composition of all forms is unfolded layer by layer from the central point of expressing the theme. Due to the diversity of painters' painting style and the form of expressing the main idea, the composition forms of different works have different characteristics and laws. As an important language form of painting art, composition has guiding and value significance. This paper combs and summarizes the composition form and psychological characteristics, in order to better use composition to serve painters and viewers, so as to effectively control works and cognitive works.

Subjects and methods: Composition can actively express emotions, serve to express the intention of the work, and show a unique formal meaning. People's perception of composition has not only formal perception, but also different and psychedelic physiological and psychological perception due to different forms. Just as it is induced by looking at lines of different thickness, twists and turns and colorful colors, people will have different emotional attributes. Different compositions often bring people different aesthetic enjoyment. The content of the picture is a part of emotion, and the composition is also. It will actively guide the viewer to appreciate the emotional direction that the painter wants to express. We understand different forms of mental state by analyzing the following different composition forms.

Results: Triangular composition. Triangle composition, as one of the most commonly used basic forms, has good stability. No matter how the triangle composition is handled, the shape of the picture will be the place of stability and balance. Especially in the performance of character images, its head becomes the natural apex of the body and shoulders, which naturally contains the composition of triangles. When we deeply understand the intention of triangle composition, we will find that triangle composition is often used in works that want to express balance. The composition of regular triangle is generally that the high

point of the main image is placed in the middle, and other forms are arranged at its left and right positions to achieve balance, forming a left-right symmetrical, stable and stable pyramid, so that the viewer can feel stable and noble psychologically, with the characteristics of steadiness, calmness and modesty. The relationship between the virgin, the son and the angel in Da Vinci's virgin among the rocks and the composition of angel's portrait of Mrs. Rivier are good examples. Inverted triangle composition is to invert the triangle constituting the line, and the vertex becomes a grounding point, which makes the main image sink and has an unstable and steep dynamic form. The inverted triangle relationship between fruit and lining in Cezanne's apple and orange shows a sense of flowing dynamics. Ernst's "people will know nothing" uses the combination of regular triangles and inverted triangles, and embodies the unstable surrealist dreamlike atmosphere. The side triangle composition generally divides the picture into a triangular space with golden ratio. It has not only changes, but also stable visual and psychological induction, with a sense of direction and effort. In the raft of Medusa by Chirico, the sail sideline, the head and the bottom of the figure form a side triangle, pointing to the faintly visible ship in the distance, expressing the strong desire for survival of the victims.

Circular composition. Center of circular composition (circle center) is the most clear in the composition. Its visual feature is that the center is prominent, and the visual center of gravity naturally shifts to the center of the circle. Because the center point is located at any position around the circle, it seems to have the fluidity of closing and closing visually, so it has a full and complete emotions psychologically. The circle itself has tension and balance, which is eternal, complete and rank Order, life, harmony and other symbolic meanings. In Raphael's virgin in the chair, the virgin, the baby and St. John form curves and circles of different sizes with other surrounding objects in the circular composition, creating an intimate and loving harmony and happiness. The picture shows a warm and complete sense of tenderness.

"S" shape composition. "S" shape composition is an interleaved relationship formed by the main body or performance image in the picture, which has twists and turns, rotation, extension and rich changes. In order to achieve the meaning of balance, the "s" shaped line body will look for echoing and related images on this basis, so as to achieve bending and twisting changes. Through the perspective space, the line of sight is induced to form a "winding path leading to seclusion", which makes the viewer feel rhythmic, elegant and exquisite when seeing the picture. The ladder of job, one of the illustrations in Blake's book of job series, stands many characters in robes on the "s" shaped stairs, and uses the trend of the characters to form a hidden and intermittent viewing angle from near to far, from large to small, forming a winding and circuitous picture structure change, enhancing the sacred meaning of the picture and making people feel infinite interest.

Horizontal line composition. The horizontal line composition is the most basic layout. It distributes the image up and down within the horizon, showing the characteristics of balance, stability and breadth, just like the vast sea and extended desert, giving people an emotions of calm and vastness. In Tang Jui's Surrealist work the appreciation of the arc, an abstract and lifeless cold image and the distant gloomy sky are divided into two parts with a horizon, forming a distant and static time dream.

Vertical line composition. Vertical line composition is the vertical change of horizontal line composition to form a top-down graphic way. This form has the characteristics of standing, lofty and majestic. It usually reminds us of trees, monuments, towers and other buildings, so that viewers have a solemn psychological emotions.

Cross composition. The cross composition is that the drafter uses the intersection of horizontal line and vertical line to form a "cross". The combination of the stability of horizontal line and the towering of vertical line makes the picture broad and dignified on both sides. At the same time, the intersection of the two lines leaves a large space for the picture, which is more concise and pure in reflecting its characteristics and functions. It is undoubtedly appropriate to apply the cross composition to solemn, sacred, dignified, solemn, tragic and sacred themes. Dali's dream of Columbus places the images of sailboats, railings, people and the sea vertically and horizontally. The vertical lines symbolize the towering depth of life, while the horizontal lines have a sense of calm to reach the other shore. In most of Morandi's still life works, we can see the pure and simple Zen depicted by the painter in the cross composition constructed by bottles and cans.

Radial composition. Radial composition is to take a point as the center and spread multiple straight lines to the four directions. This form has both outward expansion tension and inward attraction, highlighting the central part of the composition, with a strong sense of momentum and speed. Due to the different themes of the works, the painter can choose different composition methods. For example, selecting the radiation direction from inside to outside will give people a sense of expansion and expansion of the space; If the radiation direction is selected from the outside to the inside, it will give people the meaning of contraction and compression with narrower space. In the carpenter planing the

floor by carleport, the outstretched arms of the semi naked craftsmen form a strong radial composition from inside to outside with the floor lines in the same direction, highlighting the three main characters, giving the picture a strong sense of integrity and showing the hard work of the workers.

Conclusions: The combing and summary of composition form and psychological characteristics is to better serve the painter and viewer and make them more effectively control and recognize the works. Composition is the primary idea and important strategy of organizing the form before the painter creates the image. We need to master and understand the formal language for better use. All composition forms and psychological displays are to express the content, highlight the content, and achieve the harmonious unity of form and content. However, the development of art needs continuous innovation. The composition of painting also needs to constantly explore and find in the summary of practice, dare to try, break the Convention, and seek a suitable composition form and perceptual harmony.

Key words: psychology- painting art - composition

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RELATIONSHIP BETWEEN STUDENTS' POSITIVE AND HEALTHY PSYCHOLOGY AND PHYSICAL EDUCATION FROM THE PERSPECTIVE OF HEALTHY CHINA

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Background: How to seize the opportunity and strengthen college students' health education under the background of healthy China strategy is a new challenge and requirement for colleges and universities. Colleges and universities should actively carry out and strengthen health education for college students, vigorously promote the health concept of trinity of physical health, mental health and environmental adaptation, establish the grand health concept of "everyone is health and health is everyone", maintain and improve the comprehensive health level of college students, avoid or reduce the infection of various diseases, and prevent the emergence or spread of infectious diseases on campus, This is of far-reaching significance to the realization of disease prevention and control. Mental health is an important dimension of human health. The World Health Organization clearly put forward in its charter in 1948 that health is not only the absence of disease or weakness, but also the intact state of physical, mental and social adaptation. College students are in the period of psychological transformation, and their body and mind are not yet fully mature. Due to academic tension and various negative effects such as uncertainty, the probability of mental health problems of students is greatly increased, resulting in some students' psychological obstacles or abnormalities of varying degrees, such as worry, fear, anxiety, lack of sense of security, divine depression and so on. In this regard, it is necessary to conduct psychological counseling for the huge special group of college students, strengthen students' mental health education and prevention and control awareness, and urge students to scientifically and correctly understand the relationship between their psychological state, behavior and health. It is the top priority for colleges and universities to establish a mental health education strategy with certain characteristics in line with college students' cognition.

Objective: The outline of the "healthy China 2030" plan is a major measure to protect people's health. The term "healthy China 2030" has been mentioned in many places. It pays attention to actively publicizing and carrying forward the concept of healthy China with health as the core, which shows that China attaches great importance to health construction. By attaching importance to physical education and health courses in Colleges and universities, we can help college students cultivate good sports motivation and participation interest, establish lifelong sports awareness and sports habits, and expand educational vision and thinking; It is beneficial to improve the quality of physical education teaching in the university stage; It is beneficial to improve the physical quality of college students; It is conducive to cultivating college students' positive and healthy psychology; It is conducive to ensuring the comprehensive psychological and physical health of college students. Therefore, college physical education and health curriculum is of great significance to the development of College Students' psychological and physical health. The National Health Assembly stressed that without the protection of