

the concept of slow life and analyzes the impact of the concept of slow life on clothing design, so as to find out how to solve and improve the problems of current clothing people. By interpreting the concept of slow life, we realize that the concept of slow life is an improver for the abnormal development of the current society. Its slow not only refers to slowing down, but also hopes that people can find their own pace of life, and the way of work and rest settlement is a belief.

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ADJUSTMENT OF NATIONAL TRADITIONAL MUSIC TO STUDENTS' SUB-HEALTH MENTAL STATE

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Background: Sub -health status, also known as "pre-disease state", "sub-clinical status", "third state" or "gray state", which is a non -organic change or has not been diagnosed with certain diseases, but the body has a functional change. Status The concept of sub -health concept first appeared in the mid -1980s. Former Soviet scholars N. Berkman found that many people in life had a middle state of health and disease. This state can be manifested as a conscious symptom of physiological or psychological, but clinically cannot diagnose a certain condition, without targeted treatment, and physical or psychological discomfort affects people's quality of life. With the improvement of living standards and people's attention to health, the state of "sub -health" has attracted more and more attention. Domestic scholar Wang Yuxue first proposed the concept of "sub -health" in the 1990s, and pointed out that "sub -health" was in the middle state of health and disease. The Chinese Medicine Society defines sub -health in the "Clinical Guidelines for Asian Health Traditional Chinese Medicine": "sub -health refers to a state between the human body in health and disease. The symptoms of reduced vitality and decreased function and adaptability in a certain period of time, but do not meet the Mu or Asian clinical diagnostic standards of modern medical diseases".

The abnormal psychological state is a common manifestation of sub -health. Psychological sub -healthy symptoms include irritability, anxiety, depression, inattention, indifference, loneliness, and slow response. This state generally exists, leading to poor academic performance, decreased work efficiency, decreased social adaptability, and seriously affecting the quality of life. Poor psychological sub -health state continues to exist, which will cause physiological changes and heart and body diseases, such as hypertension, gastric and duodenal feed, depression, etc. At present, 30 million adolescents in the country are in a state of psychological sub-health, of which college students' psychological and behavioral disorders are 14.0%-31.0%. In recent years, it has risen. A survey data from the US CHA-NCH A agency in 2013 shows that 15%of college students have symptoms of depression. Chen Jing and others conducted a psychological sub -health survey of 1,000 major undergraduates from a medical university in Guangdong, and found that the performance of students' psychological sub -health was irritable, inadequate attention, and dissatisfied with themselves.

Occupational workers have close correlations of sub -health state and large labor intensity and bad living habits. Ma Haiying investigated the psychological health and psychologists in submarine officers and soldiers, and found that the influencing factors of psychological sub -health include physical diseases, interpersonal relationships, ship vibration or seasickness, and work intensity on the boat. Xie Yuming and others analyzed the risk factors of the sub -health state in Beijing in Beijing. They found that their parents had poor health status, large family contradictions, large work pressure, poor living conditions, and severe surrounding environmental pollution. Dangerous factors for health. Si Liu and others used questionnaires to conduct a preliminary study of the psychological causes of the sub -health status of 91 colleges and universities. The psychological state of anxiety caused by great work pressure is the reason for the psychological sub -health of teachers.

Research method: The sound of music in the listening technique is an effective physical treatment technique that is commonly used in the body of the body and bodyization. It can be used as an independent treatment technique, and it can also be used as a new treatment technique with his hearing technique. It is used to use it mostly for physical therapy. Before the artistic practical technique, the therapist needs to evaluate a detailed evaluation of the body, and then select the sound of music and looseness. Sounds are a kind of sleep -help stress, and we are no strangers in real life. When we listen to the report, if the language of the spokesman lacks changes in frustration in the tone, the speed of the speech is slow and the sound is low, or the content is boring and lacking freshness, the time is only over 15-20 minutes, and it will gradually allow it to make it gradually allows People feel sleepy. The universal

parts will cause the body's parts to be tightly stimulated because of the tightness of the psychology, and each one is not well-known and not easy to perceive when each body is out of this state. This kind of body tension caused by negative emotions. If it is not relieved for a long time, it will cause the tension to further deteriorate, causing the sympathetic nerves and sub-sympathetic nerve disorders inside the body, which will cause the physical problems to be further serious, forming a negative negative problem. The vicious cycle of emotions and physicalization, and eventually forms our common heart and body diseases. The music relaxation technology for physical problems can largely alleviate the adverse effects of negative emotions on the body, mediation sympathetic nerves and parasympathetic nerves, so as to have a good auxiliary treatment for the treatment of some heart and body diseases. Essence. For example, the sound of music therapy for sleep disorders can use the function of helping sleep, because the psychological phenomenon that has perception of fatigue effects is because of the sense of the God's Classics. The so-called feeling of fatigue is a kind of stimulus. After being applied to a sense of sense for a long time, the sense of sense will produce fatigue phenomena. "Entering the room of Zhilan, it will not smell its fragrance for a long time; if you enter the abalone, you will not smell it for a long time." It is said that this kind of music is a source of hearing. The characteristics of this physiological psychological fatigue effect can naturally have the effect of helping people to sleep through the sensory fatigue effect made by artificially manufacture. As a result, the sleeping functions have the common characteristics of the rhythm of the rhythm single, the melody, the melody, and the reciprocating sentence.

Listening music therapy has a good effect on insomnia, low mood, fatigue, irritability, anxiety, anxiety, loneliness, depression, loss of appetite, loss of appetite, decreased memory, decreasedness of memory, decreasedness, decreased appetite. When the song is music, it is different from person to person, because everyone's aesthetic taste is different. The same song and songs will cause completely different experiences in different people's physiology and psychology. Also need different Music. To have a physical analysis, the body and the body should be treated, and according to the special emotions and particular people, choose different music.

Sensory music therapy, that is, "vibroacoustic therapy (VA), it creates a Bosnant Olav Skille, who stands in Norway, and via Komoshi Komatsu in Japan. The perchylum is a new ecological therapy based on the therapy of the current generation. It is to sort the low-frequency signal of 16-160 Hz that is beneficial to the human body in music and amplify through the increase. It can activate the perception of human conduction through physical transduction, and can activate the old brain leather and the effect of bone and nerve conduction to activate the old brain leather and the brain and the old leather and the brain and the nerve conduction. The function of the ancient cortex area effectively promotes the microcirculation of the human body, adjusts the function of the human plant nervous system, and improves the basic metabolism of the whole body (such as blood pressure, breathing, heart rate, leather temperature, etc.), which greatly improves the biological intervention of music treatment. To produce deep relaxation and physical therapy.

The body is a beautiful instrument, which has passed through various resonance to reach the inner yin and yang balance and the natural yin and yang balance of heaven and earth. The singing music therapy belongs to the active ginseng music therapy, which can mobilize the body's main viewing energy and the beauty of art, and has a lot of benefits for Jiankang. When singing, the amount of oxygen will be added to accelerate the transportation of the human body's circular system and strengthen the heart and lung function. When the "Lefu Miscellaneous Record" was recorded in the same time when the "good singer must be adjusted first", the people would vent with the sound of music. Sadness, depression, and annoyance, from the quietness and joy of essence. Make Leuan emotions in the excitement of the brain cortex, dilute it to get rid of the mood, so that the mood can be loosened. During singing, the air flow in the blood increases, the oxygen synthesis effect is increased, and the amount of oxygen needs to be increased, which reduces hypertrophic pressure and heart disease.

Results: In traditional college music education, it is relatively single in teaching forms. Music appreciation teaching mostly uses "explanation+listening" in class, and music skills teaching mostly adopts "one-to-one" or group lessons. Forms. Although this method can ensure the smooth progress of teaching activities, it has been greatly limited in terms of teaching time, space, and effects, which has greatly reduced music education to improve the function of college students' sub-health psychological state. In recent years, with the rapid development of the Internet and new media, the appearance of education has fundamentally changed.

Forms are perfect and rich. Taking music appreciation as an example, the current college students have a smartphone, which can access the Internet anytime, anywhere. In this regard, schools and teachers can open a public account or APP to settle on the Internet for music appreciation. "To effectively penetrate mental health education in college students' music appreciation, scientifically choosing music works is particularly critical." [2] can divide many music works into "memories -sadness", "lyric – joy – easy", "radical -strength" The major category, supplemented by proper explanations, students can appreciate anytime, anywhere, and communicate their feelings with teachers or other students through

messages. In addition, teachers can also supplement and improve content at any time through small videos. Assistant. At present, most colleges and universities have established a psychological counseling room. After fully affirming the value and role of music education, they can be transformed or newly -built music psychotherapy rooms. Its construction is divided into two aspects: hardware and software: First of all, in terms of hardware construction, the room should be adopted in the room, and some green plants and crafts should be placed appropriately to create a warm atmosphere. At the same time, it must be equipped with a multimedia workbench, Projector, coffee table, sofa, etc. In terms of tools, we must be equipped with Wei's adult intelligence tables, Riwen's reasoning ability testing, etc., which is convenient to quickly clarify the psychological problems of students. Secondly, in terms of software, it is mainly to prepare some "music prescriptions" and "music medicine" For example, different music works can be classified, such as emotion, regional, background music, special sound categories, etc. for students to choose to achieve the purpose of treatment. This specialized, humanized and functional music therapy room can give students a warm and relaxed feeling to maximize the effect of music therapy.

After preliminary practice feedback, the "psychotherapy room" played a role in treating the treatment of special symptoms such as autism, depression, and dementia. It is not uncommon than other people, but it is not unparalleled. In the face of this result, we can conclude that music therapy needs to affect patients with music for a long time and subtle way. However, the sound of the psychotherapy room is too short, so it cannot have the best effect in a short period of time. "Sound is a psychotherapy room" first entered the rehabilitation medical institution to perform music treatment through different forms of music performances, such as: singing, playing audiovisual, video playback, etc. Especially for patients with depression, we adopt the combination of music therapy and drug treatment. Through half a year of treatment, this treatment has played a great role in promoting the patient's condition, and patients with same -conditioned patients who received music therapy later were slightly worse. Through this case, we can get a clear observation and summary. Compared with separate drug treatment, the combination of the two does have stronger treatment effects, and compared with simple drug treatment, adding music therapy can also greatly weaken the side effects of drug treatment. Therefore Multi -drug and excessive damage to its body. In modern society, children with autism and autism are not uncommon. According to scientific research, children's autism, autism and autism are mostly formed, and the acquired conditions are likely to be related to the huge pressure brought by family and society. Some sick children restrict themselves in narrow body space and psychological space. Therefore, in the treatment, we first helped the children out of the closed space through music appreciation, so that the children first relaxed the music by listening to music, so as to make friends with "music" and make friends with the players. Use this method to learn to adapt to the outside world, accept others, and then strive to become a member of society, and quickly adapt to the development of society. For the elderly for Alzheimer's disease. We walked into the elderly home of the community, adopted the method of classical music appreciation and opera appreciation for different elderly groups, and tried to evoke the most true memories of their hearts through the voice of the old era. Through a three -month treatment observation, the elderly who are not optimistic about the effect is slightly worse, and the elderly who are not serious are effective, and some can even tell you the story of youth through songs.

Conclusions: In contemporary higher education, college students are the most likely groups of music. Most colleges have also established a professional and public music education system. Therefore, they can combine music education and college students' psychological health to enable college students to exist psychological problems with the existence of college students. Getting time and targeted solution to comprehensively improve sub -health psychology. The emergence of sub -health state is related to the external environment and physical fitness, psychological, and dietary habits. The causes are complicated, and the symptoms of their complaints often have sub -health performance in physiological, psychological and social adaptability. For multi -factor and multi -performance sub -health status, a single intervention method is difficult to achieve satisfactory results. Through the comprehensive health intervention is the most effective solution to the status of sub -health psychological health. In this dedication, the sound sleep method in the music therapy can be loosening the body's muscles, guiding imagination, and discharging decompositions. For listening to the music therapy, we can choose the appropriate music according to the illness of the disease, and we can also choose the good music based on the personal body and love. The body sensing music therapy, as a low -frequency vibration and loosening therapy, has a healing effect on Yajiankang's state. For active music therapy, singing music therapy, or sound therapy, can mobilize the human body's subjective energy and participation, improve the positive energy and spiritual negative entropy of the human body, emit energy from self -vibration, and then generate heart flow to reach the peak peak Experience aesthetic enjoyment. The music dance is a kind of exercise, which is beneficial to the muscle and flesh of the limbs, and the body's qi and blood meridians.

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PSYCHOLOGICAL COUNSELING THEORIES AND TECHNIQUES IN THE WORK OF TWO COURSES IN COLLEGES AND UNIVERSITIES

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Background: College students' mental health education should fully consider the growth characteristics and laws of college students, recognize that college students are idealistic and dare to innovate high-level groups, educate them on psychological quality and mental health, carry out self-psychological protection through self-awareness and learning mental health-related knowledge, avoid and reduce various pressures that cause psychological disorders or mental illness to themselves, and better improve the mental health level and psychological quality of college students. Ideological and political education in college students' courses should highlight its function of educating people, give full play to the subjectivity of college students, integrate the ideological and political education resources of various disciplines and courses, create a collaborative education atmosphere in which the courses of various disciplines are the same as each other, and build a full-staff, whole-process, and all-curriculum ideological and political education system for college students, so as to achieve the effect of imperceptible ideological and political education for college students. The connection between college students' mental health education and curriculum ideology is conducive to the achievement of the effect of educating people. Specific manifestations are as follows: First, promote the physical and mental health of college students. College students' mental health education includes physical health and mental health, physical health is the most basic material guarantee for college students, insomnia, headache, anxiety and other physical lesions will bring greater trouble to the healthy growth of college students. Mental health is the most basic mental protection for college students, if there is a psychological unhealthy situation, such as poor ability to resist setbacks, personality isolation, poor external adaptability, etc., it will have a serious impact on their normal learning and life; the second is the personality of sound college students. Through ideological and political education in college students' mental health courses, college students can better enhance their understanding of political direction, improve college students' political personality, including political morality, political character, political feelings and political skills, so that college students have noble and sound personality charm. At the same time, it is necessary to restrain the code of conduct of college students, improve the moral personality of college students, and improve the pertinence and effectiveness of ideological and political education in college students' mental health courses by setting up mental health courses, organizing diversified psychological education activities, and strengthening psychological counseling; the third is to stimulate the spiritual motivation of college students. College students' personality quality, sense of responsibility, creativity and willpower are non-intellectual factors, and the non-intellectual factors of college students can be optimized through ideological and political education in mental health courses to stimulate the spiritual motivation of college students; the fourth is to improve the ideological and political system of college students. Through the ideological and political education of college students' mental health courses, it can highlight its political orientation function and role, strengthen the equal interaction and two-way exchange between teachers and students, and continuously enrich the content of college students' ideological and political education, such as ideological education, political education, moral education, etc., and further enhance the ecological function of college students' ideological and political education.

Mental health education is based on students' development characteristics and psychological cognitive development laws, through the theoretical knowledge and methods of psychology, to cultivate students' good psychological quality, to achieve the unity of knowledge, feelings, intentions, and behavior, so that students have relatively perfect personality, good social adaptability, and have a positive psychological state and good behavior habits. Mental health education for college students embodies the people-oriented educational concept and is part of quality education. "Basic Requirements for the Teaching of Mental Health Education Courses for Students in Ordinary Colleges and Universities" elaborates on the content, nature, and purpose of mental health education for college students, and incorporates them into public curricula of colleges and universities as open classes to cultivate college students' awareness of mental health, awareness of psychological crisis prevention, self-regulation ability, interpersonal relationships, etc. It can be seen from this that the mental health education curriculum is a compulsory course in universities, involving all college students, which is also the basis for the implementation of curriculum ideology.

Research methods: Psychology defines emotion as the experience of a person's attitude toward whether objective things meet human needs. College students have an emotional identification with ideological and political education, that is, college students emotionally believe that the content, form,