

Conclusions: The greening and rationality of urban elevated roads have a significant impact on drivers. If the greening setting of urban elevated roads is not reasonable, such as blocking the line of sight of passing cars and too many kinds of plants, it will be difficult to alleviate drivers' visual fatigue and improve the ornamental function of traffic environment, and will also have a certain negative impact on drivers, such as distracting the driver's attention, interfering with the driver's normal driving, reducing the driver's sensitivity to road information, prolonging the driver's response time to various road conditions, etc. Beautiful and reasonable urban elevated road greening can significantly reduce the SAS standard score of drivers, and can effectively alleviate the mental anxiety of drivers. In the construction of urban viaduct, the setting of road greening is very necessary. Reasonable urban viaduct greening can effectively alleviate the mental anxiety of drivers and ensure traffic safety.

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THE INNOVATION OF THINKING MODE IN VISUAL INTERIOR DESIGN AND THE VISUAL CURE OF USERS' MENTAL ANXIETY

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Background: With the rapid development of society, people have entered a big data era. Fierce social competition, explosive growth of information and fast-paced life mode make modern people's life more and more stressful, resulting in more and more mental anxiety disorders. Researchers believe that anxiety can be regarded as an emotional reflection of people's serious deterioration of the value characteristics of future things or the value characteristics of real things. Anxiety can be divided into realistic anxiety and pathological intercourse anxiety. Realistic anxiety refers to a basic emotional response of people to adapt to the problems they encounter and solve them. It is a normal emotion of people, which will disappear with the disappearance of realistic threats. Previous studies have confirmed that mild realistic anxiety can make people pay more attention, so as to improve the efficiency of learning and work. However, case anxiety is the continuous feeling of anxiety without reason, or the feeling of threat and disaster without basis. The social function of people suffering from mental anxiety disorder will be impaired, which will seriously affect their daily life. Therefore, reasonable and effective treatment of mental anxiety is of great significance to people's healthy life and the stable development of society.

Visual interior design creates an indoor environment with reasonable functions and meeting the needs of people's material and spiritual life according to the nature and environment of the building. The elements of visual interior design mainly include space elements, color elements, light and shadow elements, decoration elements, furnishing elements and greening elements. The core of modern visual interior design is people-oriented, creating an ideal indoor environment for users, so as to meet the spiritual needs of users and bring pleasant feelings. Therefore, in order to achieve this goal, it is necessary to innovate the current thinking mode of visual interior design. To solve this problem, the research puts forward the following strategies: analyze the user's behavior psychology, carefully and put yourself in the user's shoes; fully understand users' visual feelings and needs; cultivate the divergent thinking of interior visual communication designers; promote the contemporary thinking of visual communication designers; improve the skill level of visual communication designers; deeply study the visual aspects of space organization, color and lighting to set off the indoor environment atmosphere. Through the above strategies, create an indoor living environment to meet the needs of users and realize the emotional communication between users and the indoor environment, which is of positive significance to cure users' mental anxiety and effectively maintain the development of social stability.

Due to the acceleration of social modernization, people's pace of life is becoming faster and faster. The huge pressure of social competition makes mental anxiety more and more common among people. This paper discusses the thinking innovation mode in visual interior design, and puts forward several solutions to alleviate users' mental anxiety and maintain the stable development of society.

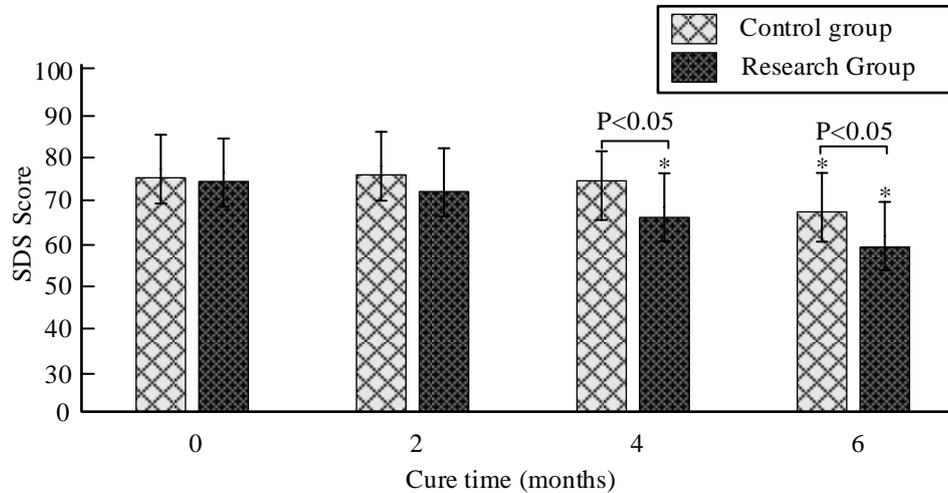
Subjects and methods: 68 patients with mental anxiety were selected as the research object, and the anxiety and depression of patients with mental anxiety were evaluated with Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS), so as to evaluate the innovation of thinking mode in visual interior design and the curative effect of users' mental anxiety symptoms.

Study design: 68 patients with mental anxiety were randomly divided into control group and study group, with 34 people in each group. The study group used visual interior design works with innovative thinking mode for visual healing. The control group used traditional visual interior design works for visual healing. After 6 months, the anxiety cure of the two groups were compared.

Methods: The data were processed and analyzed by SPSS 22.0 and excel.

Results: After 6 months, the SAS score and SDS score of patients in the study group decreased significantly ($P < 0.05$). The SDS scores of the two groups were as shown Figure 1.

Conclusions: In the era of big data, people's pace of life is getting faster and faster. Under the pressure of social competition, many people suffer from mental anxiety. The research explores the innovation of thinking mode in visual interior design, and puts forward several solutions, which provides solutions for the innovation of thinking mode in visual interior design, which effectively alleviates the mental anxiety symptoms of users and is of great significance to the stable development of society and people's healthy life.



Note: * $P < 0.05$ compared with that before visual healing.

Figure 1. SDS scores of the six groups

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STUDY ON THE IMPACT OF ECONOMIC REVITALIZATION ON RELIEVING THE MENTAL PRESSURE OF MIDDLE-AGED AND YOUNG PEOPLE IN QINLING MOUNTAIN AREA

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Background: As the successors of socialism in China, middle-aged and young people are not only the future of the country, but also the hope of national rejuvenation. In the context of globalization, the process of China's modernization is accelerating, resulting in a complex and changeable social environment. Due to the limitation of objective living environment, the development space of middle-aged and young people in remote Qinling Mountains is blocked. In terms of family, due to the remote geographical location of the Qinling Mountains, many young and middle-aged parents go out to work, resulting in their lack of family care since childhood. In terms of education, the difficulties of economic development and the lack of educational resources in Qinling mountains make most of the middle-aged and young people drop out of school at a young age, resulting in their lack of self-awareness. In terms of career development, they are not willing to work as household farmers, but it is difficult to gain a foothold in cities and towns, which leads to a dilemma for the middle-aged and young people in Qinling mountains. Under the influence of these aspects, the middle-aged and young people in this area have had the pressure of society, life and competition, and the ideological burden is heavy, resulting in great spiritual pressure. Alleviating the mental pressure of middle-aged and young people in this area plays a positive role in promoting the long-term and stable development of remote mountainous areas.

As China's socialist development has entered a new stage, the people's living standards have been greatly improved. However, there are still a large number of poor people in remote mountainous areas such as Qinling. Due to the limitations of status and location, the local economic development is restricted. In this context, China has carried out a series of major measures of targeted poverty alleviation and economic revitalization to create a good social living environment for middle-aged and young people in remote mountainous areas, lay a good foundation for the healthy development of middle-aged and young people,