**Brief Statement:**

In this assessment, I explored how different types of screen time impact well-being using multiple linear regression. The data included various screen time categories and well-being factors like optimism and relaxation. I split the data into training and testing sets, then trained the model to see how well screen time could predict well-being.

The results, shown through scatter plots and a heatmap, suggest that some screen time activities, like work or entertainment, have a noticeable effect on well-being. This analysis shows the importance of balancing screen time, with room for future studies to dive deeper into more complex patterns**.**