$$
\begin{array}{ccc}
T & \xRightarrow{\ \eta T\ } & TT \\
& \searrow{\scriptstyle\mathrm{id}} & \Downarrow{\scriptstyle\mu} \\
& & T
\end{array}
\qquad
\begin{array}{ccc}
T & \xRightarrow{\ T\eta\ } & TT \\
& \searrow{\scriptstyle\mathrm{id}} & \Downarrow{\scriptstyle\mu} \\
& & T
\end{array}
$$